

# *Happy Healthy Abundance*



*Flip your Money Mindset*

*Clarity and Simplicity for Moms*

# Flip your Money Mindset

I am good at making statements in alignment with my goals!

## Old - Negative Phrase

IF YOU CURRENTLY SAY:

We can't afford that.

IF YOU CURRENTLY SAY

I hate when I can't buy what I want.

IF YOU CURRENTLY SAY

I can't be trusted with cash.

IF YOU CURRENTLY SAY

What good is money if you can't spend it?

IF YOU CURRENTLY SAY

I don't know anything about money.

IF YOU CURRENTLY SAY

One day ...(talking about a wish or goal)...

IF YOU CURRENTLY SAY

Everything's so expensive.

## New - Positive Phrase

BEGIN SAYING

We're making different choices with our money.

BEGIN SAYING

I love that I can afford everything I need.

BEGIN SAYING

I have the power to choose where I spend my money.

BEGIN SAYING

Every bit that I save can be put toward my true priorities.

BEGIN SAYING

I'm educating myself about money. Information is so abundant these days.

BEGIN SAYING

Today I'm working toward my goal of \_\_\_\_\_ by doing \_\_\_\_\_.

BEGIN SAYING

The world is full of options and I'll rise to the challenge of finding an affordable solution.

I'M PROUD OF

I'M THANKFUL FOR

WHAT DO I REALLY WANT ?

WHAT I WILL DO TO REACH THAT GOAL