

Financial Wellness KickStart Guide

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Financial wellness is more than just **having money**.
It is about **CHANGING OUR MINDSET ABOUT WHAT IT
MEANS TO BE WEALTHY**, breaking down long-held beliefs
about our personal value, how do we see ourselves in the
world, and what we expect our lives to be.

Hello!

Hi there. I'm Marina, and I'm a financial coach for women who are making big changes in their lives.

Not too long ago, I realized I needed a change in my own life. Thanks to the strong financial foundation I had always prioritized, I was able to cut back to a part-time position while to further my education without sacrificing my lifestyle or taking on debt.

Now, I'm on a mission to help more people like me make the changes they desire with total confidence.

That's why I created this 7-day guide designed to help you gain a fresh perspective on your financial journey. Each day focuses on a different aspect of financial well-being with valuable insights to provide clarity, and give you the confidence you need to take control of your finances.

Whether you're looking to create a budget, save for future goals, or make smart investment decisions, this guide is here to help you make the changes you want.

Marina
The Resourceful Money

Day 1

WRITE YOUR FINANCIAL
GOAL FOR 1 YEAR FROM NOW

Day 3

Write on this first column all
your money wants

Now re-write IN THE
PRESENT TENSE (OR as if it's
already happening)



Day 4

Financial wellness is more than just money, it is about finding wealth in all areas of our lives. write what makes you wealthy on those four areas

Monetary

Material

Spiritual

Psychological

Day 5

IF YOU COULD CHOOSE A
DIFFERENT PROFESSION, WHAT
WOULD IT BE?

IF YOU COULD LIVE ANYWHERE,
WHERE WOULD IT BE?

IF YOU COULD MEET
ANYONE, WHO WOULD IT BE?

IF YOU COULD HAVE ONE
THING, WHAT WOULD IT BE?

Day 6

Balance is about remembering what we bring to the table. Think about the things you need to make the change you want, then write the things you can offer that are valuable to others.

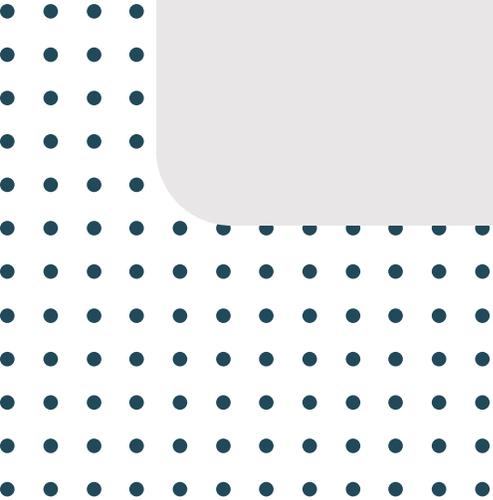
What I need

What I can offer

Day 7

WHAT WOULD I WANT IF MONEY WAS NOT A DETERRENT...

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ARE YOU READY TO LEARN HOW TO LIVE
ON LAST MONTH'S INCOME AND CREATE
THE FINANCIAL WELLNESS YOU DESERVE?



Scan this QR code to book a FREE consultation
to find out how I can help YOU turn your
personal financial goals into reality!



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For inquiries, contact The Resourceful Money at
info@theresourcefulmoney.com

