

# 5 Things Women Need to Know About Money



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## MONEY AFFIRMATIONS

There are no limits to what I can and will achieve. I am worthy of the wealth I desire. I release all blocks and allow wealth to flow in.

## MONEY VISUALIZATION

Visualize yourself looking at your bank statement or a check, which shows the money you desire.

## Money Mindset

Often, we are taught not to like money, especially in our culture, and that finances are rarely talked about in school.

## Your Numbers

To become more confident in your financial situation, knowing your numbers is vital. What is your net worth, your income, your expenses? Where is your money going?

## Your Accounts

If you grew up in an environment where women didn't make the financial decisions, you may need to spend more time understanding how to access your accounts and how to review statements. Consider talking to a financial advisor.

## Spending is Emotional

To break free from the notion that something is "too expensive" or "wants not needs" we need to realize that all spending is emotional. It's not the thing, it's the feeling. Align your spending with intentions to release yourself from this guilt.

## Self-Compassion

Practice self-compassion because you are worth financial success and freedom. Embrace self-awareness and shift your critical self-talk. You deserve this.

**Tip:** Create a sense of financial autonomy by spending your money how you want.

**How:** Start to approach life with the perspective of "yes, I can do this." Doing this will help you become more creative and resourceful, finding solutions to your problems.

