

ASSIGNMENT #1

My Relationship With Money

Past:

My First memory with money was....

I first learned about the importance of saving mon when...

My earliest memory of learning to invest was....

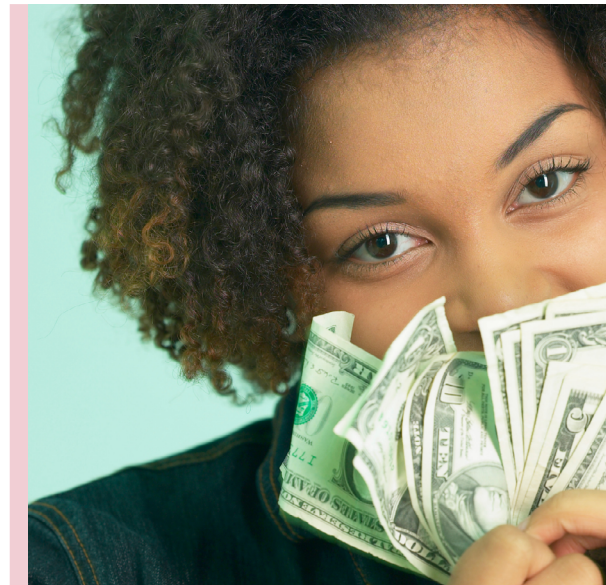
I learned about Debt when

I learned about Credit when.....

My First memory of how my father managed money was...

What did he teach me about money?

My first memory of how my mother managed money was...



What did she teach me about money?

How did my parents talk to me about money?
How did they talk to each other about money?

Money Never/Sometimes/Always was a reason my parents argued growing up?

Money was/was not valued in my household?

Where was the value placed growing up? (Family, Appearance, Things)

Explain: Give an example:

Growing up:

Did your parents always work hard for money and live paycheck to paycheck?

If so, What is a memory you can recall?

If not, What was the lifestyle like? What's the earliest memory you can recall? Did they always work hard for money and lacked time to enjoy it?

If so, what is a memory you can recall?



Present:

My current relationship with money is.....

If in a relationship, how has your relationship with money affected your love life?

What are some emotions you feel related to money?

When you are in lack?

When you have more than you normally would?

How do you behave with money when:

When you are in lack?

When you have more than you normally would?



Self Reflection:

Over the years this affected me because.....

I have struggled with this the most as it relates to my money because:

My current relationship with money has costed me....so far

If I do not change my current relationship with money I stand to lose.....

If I do make a change, I stand to gain.....



Current Parents:

The earliest introduction to money my children have had is...

Currently, I show my children the value of money by....

My children understand/do not understand the importance of money because....

My plan for my children is to.....

Question:

What is one thing you want to see change by the end of this program?

Additional Homework:

Read 10 Pages of Rich Dad Poor Dad: (Take Notes!)

What did you learn?

ASSIGNMENT #2

The Shift

Question:

What does your ideal life look like a year from now? Paint the picture for me in words.

In order to stick to the budget we will be creating you have to first create a vision for what you want your life to look like on the other side of it.

How would you feel when that debt is paid off?

That first \$1,000 , \$3,000, \$5,000 is saved? How amazing would it be to have that and NEVER need to touch it!

How would you reward yourself for hitting these goals?

What would you buy?



How much does it cost?

Or What would you do?

How much would that cost?

In life, they say to create the vision and make it plain. This week we are going to focus on that vision. Take time and BE SERIOUS!!! You will use this vision to carry you through the program.



ASSIGNMENT #3

10 AFFIRMATIONS

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

ASSIGNMENT #4

- Complete In The Digital Planner:
 - Create The Vision and Make it Plain Section
 - 3 Savings Goals (Pictures NOT PRICE)

ASSIGNMENT #5

Complete the “My Plan This Year” and the “Decrease Expenses/Increase Income” Worksheets in your Digital Planner.

ASSIGNMENT #6

Time Awareness

Spend the next 6 days tracking how you spend your time. For each hour block out what you are doing with your time. If you find blocks of time where you are not being productive, place an income earning activity that you can be doing during that time in the “What I Can Try To Do” space.

Once completed, spend some time reflecting on what you have learned about yourself.

Also Try To:

- Allow time for personal development
- Allow time for Wellness
- Allow time for Self Love
- Allow time for something you're passionate about
- Allow time to nurture your relationships



Remember, you can space these out.

Do not overwhelm yourself trying to do everything, everyday.

TIME AWARENESS

DATE: _____

TIME	WHAT I DID	WHAT I CAN TRY TO DO
6am		
7am		
8am		
9am		
10am		
11am		
12noon		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
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12am		

TODAY I REALIZED (circle one) : I'm Overworked/ I Had More Time Than I thought.

And that _____

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And that _____

REFLECTION

What have you learned about yourself during this process?

Did you allow time for personal development?

Did you allow time for Wellness?



Did you allow time for Self Love?

Did you allow time for something you're passionate about?

Did you allow time to nurture your relationships?

Note: Check out the resources inside of our community for a variety of jobs that can bring in additional income. The links are clickable as well.

ASSIGNMENT #7

Complete the "WANTS V. NEEDS" Worksheets in your Digital Planner.

ASSIGNMENT #8

STATEMENT COMB THROUGH

BIRTHDAYS YOU CELEBRATE EVERY YEAR	WHAT DID IT COST YOU?

HOLIDAYS YOU CELEBRATE EVERY YEAR	WHAT DID IT COST YOU?

BUSINESS EXPENSES	WHAT DID IT COST YOU?

ASSIGNMENT #9

Create your Written budget. Make Sure you are building your budget based on your needs first!

Expense	Cost	Starting Balance \$ _____
End Balance		+/- \$ _____