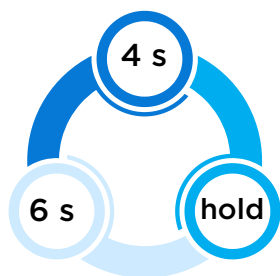


Elevating Your Money Mindset & Overcoming Financial Anxiety Guide



Practice: Deep Breathing for Financial Calm

Try this breathing exercise to ease financial stress (Repeat 3-5 times, focusing on your breath)

1. Inhale deeply through your nose for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale slowly through your mouth for 6 seconds.

Activity 1: Your Financial Mindset Reflection

What are your biggest financial stressors? Write them down:

What is one small step you can take to improve your financial mindset?

Activity 2: Money Gratitude List

List three things you are grateful for in your financial life:

1.

2.

3.

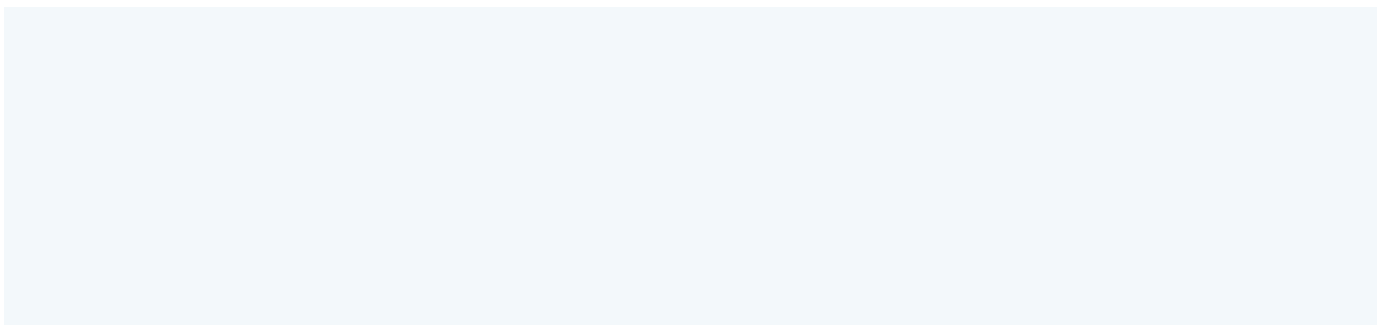


Meet with a Coach!

Our certified financial coaches can help guide you create a personalized action plan to reduce your financial stress.

Activity 3: Visualize Future You

Close your eyes and imagine yourself having mastered financial well-being. How do you feel? What does your financial life look like?



Activity 4: Create Your Own Money Mantra

A money mantra is a positive statement or affirmation that reinforces a healthy money mindset. Examples:



“I am in control of my finances.”



“Money flows to me easily and abundantly.”

Now, create your own:

Elevating Your Money Mindset

- ✓ Adopt a Growth Mindset: View finances as a skill that can improve over time.
- ✓ Set Clear Goals: Define financial milestones and track progress.
- ✓ Educate Yourself: Knowledge reduces fear and builds confidence.

Mindfulness & Stress Reduction for Financial Well-being

FinPath Resources for Mindfulness

Explore resources in your dashboard like Money Meditations, the Financial Stress Score, Financial Journaling, and insights into your Money Personality to develop a more balanced and peaceful approach to your finances.

Physical Activity

Regular exercise is a powerful stress reliever. Activities like walking, yoga, or dancing can boost your mood and reduce anxiety.



Seek Support

Connect with a certified financial coach today for additional stress reduction strategies and improve your financial well-being!