

Mental Wealth Guide



Tools That Help



Track your spending.



Build a simple budget.



Create an emergency fund.



Trigger Track

We can't avoid all our emotional triggers — life happens. But we can create healthier responses.

Examples of Non-Spending Alternatives:

Emotion

Instead of Spending, Try:



Stress

Deep breaths, a short walk, or venting to a friend



Boredom

Read, journal, create something, or do a mini task



Loneliness

Call someone, join a community event, or write a letter



Low self-worth

Affirmations, gratitude journaling, or coaching session



Shame

Reflect on what happened without judgment, then reset



Habits That Support You

- Automate bills and savings to reduce mental load.
- Weekly 'money dates' to check in with your finances.
- Celebrate small wins and reflect with kindness.
- Focus on consistency, not perfection.



Your Weekly Money Date

Try This!

1. Check your bank balances.
2. Review your spending from the week.
3. Celebrate a small win (no matter how small).
4. Set one simple goal for next week.
5. Reflect kindly: How did money make you feel?



Like A Therapist for Your Finances

Scan the QR code to meet with a certified Financial Coach to get guidance on navigating the stresses of money. **100% Confidential.**