Heather Begins

HOW TO MAKE MONEY

WITHOUT A JOB

SHIFTING YOUR MONEY MINDSET

WEEK 2 - MODULE 1

SETTING INTENTIONS

THE PURPOSE OF THIS WORKSHEET

In a corporate job and career it's easy to get caught up in climbing the corporate ladder so you can get more money. The more money you earn, the more you can buy, and the more you buy the more wealthy you may feel.

But true wealth is about so much more than money. Use this worksheet to rank your life in the suggested categories, and add your own.

You may find some of these concepts challenging, at first. I know I did! That's perfectly normal. You just need to push through them to allow yourself to be more open to viewing money, success, and wealth in a whole new way. That's at the heart of making money without a job.

RANK YOUR WEALTH

Use this page to self-rank how wealthy you feel in each category. Feel free to write your own categories in the empty lines.

	very satisfied	mostly satisfied	average	dissatisfied
Family				
Friends				
Romantic relationship				
Time for yourself				
Helping others				
Health				
Physical shape / condition				
Fun				
Creativity				
Joy / Happiness				
Feeling present				
Mental awareness / focus				
Things to do				

WEALTH ASSESSMENT

WHAT MATTERS MOST

INSTRUCTIONS: Use your list from the previous page to answer the questions below.

Looking at your list, which categories matters most to you?

Why are these specific categories so important to you?

WEALTH ASSESSMENT

PART TWO

Which categories are you wealthiest in?

Which categories are you poorest in?

Which, if any of these, surprise you?

Which, if any of these surprise you?

How can you become wealthier in the categories you're dissatisfied with?.

How does physical money assist you / contribute to the categories you're wealthiest in?

WEALTH ASSESSMENT

PART THREE

INSTRUCTIONS: Thinking about your life as a whole - what do you really want and need?

Take the “matters most” categories - how do they relate to what you really want in your life as a whole?

Roughly how much money do you spend, each month, on stuff that has nothing to do with what you want in your life as a whole??

THE 15-MINUTE FIRE LIST

Imagine you have 15 minutes to grab what's most important to you from your home. Write down the THINGS/ STUFF you would grab -

WHAT STUFF IS MOST IMPORTANT TO ME:

- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________
- [ ] ______________________

Why would I leave my burning house with these things?

WHAT MAKES YOU HAPPY?

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#1 How do you define happiness, for yourself? What do you feel? How do you behave? What do you notice about yourself?

#2 Looking at what you wrote above, what people/activities/life choices, etc. make you happy?

#3 What or who do you have in your life that inspires these happy feelings?

#4 How can you bring more of what makes you happy into your life? What's a first step?

“YOU’VE BEEN HARD-WIRED TO FOCUS ON YOUR FUTURE. IT’S TIME FOR YOU TO FOCUS ON YOUR PRESENT.”

HEATHER MARKEL

FOCUS ON THE PRESENT

Core Needs

INSTRUCTIONS: The future is not guaranteed for any of us, nor is retirement. For the moment, if you focus on what you need right now, it will remove a layer of anxiety, so...

What are the things you can't live without, RIGHT NOW? (Think food, shelter, etc.)

How much money, roughly do you need to do that keeping your present home?

What options could you pursue to downsize or change your living situation to pay less for it?