

**OPTIMIZE**

— YOUR —

**FINANCES**

*Exercise*



**BRIANSKROBONJA**

Our mindset or belief system is an accumulation of experiences in our life, which have molded us into who we are and how we think.

It is important to understand our mindset on different areas of our life because it influences and drives our behaviour and attitude toward all things.

*In other words, our mindset is what determines the life we live.*

**So, what is your mindset? It really is your opinion about everything.**

Every day, you experience things that mold you into who you are, and when you have to make a decision, you draw from those past experiences, and the decision you make creates an outcome or a result in your life.

Your answers to the following questions highlight how you think about money, yourself and those around you.

This is a starting point for living the life of your dreams!

*To get where you are trying to go, you must first know where you are.*

When you are able to articulate your mindset, you will have confidence in knowing what your ultimate goal is for yourself.

When you know and understand what is happening, you will know what to do.

*Lets get started!*

## **STEP 1: Learn Where You Have Come From**

This step can help you understand where your beliefs originated.

What beliefs do you have about money that you carried forward from your parents? (Be Specific) Write out as many things as you can identify.

What other influences have you had that have shaped how you view money?

What failures have you had in your financial life? (Be Specific)

What financial successes have you had in your life?

## **STEP 2: Learn About Where You Are At Now**

This step can help you improve your situation.

What are you doing right now financially that you want to change and is weighing you down? (Be Specific)

What are you doing right now financially that you think are good solid habits or activities that you want to continue?

What do you need to clean up in your life before you can move forward?

## **STEP 3: Dream About Where You Want To Be**

Over the next twelve months, what do you want to see happen?

Think of the areas of your life that are important to you. For most people there are four “F’s”: Faith, Family, Fitness, Finance

Looking at the rest of your life, how do you want things to be? Think specifically about what you want. (Some things you may not really have control over but you can influence everything with your mindset and behavior.)

## **STEP 4: Understand Your Tendencies**

Read the following statements and determine if you agree or disagree with them.

1. I am usually open to new ideas and like learning new things.

Disagree  Agree

2. I am more focused on the outcome of my efforts rather than the means.

Disagree  Agree

3. I strive to save for big purchases rather than default to using credit.

Disagree  Agree

4. I have a healthy relationship with family members.

Disagree  Agree

5. I am in good physical health.

Disagree  Agree

6. I strive to live below my means and save money for the future.

Disagree  Agree

7. I am generous with my resources when I see a need.

Disagree  Agree

8. I avoid uncalculated risks.

Disagree  Agree

## **RESULTS**

Your mindset determines who you are, how you live and who you will become. Based on our experience, people can increase the probability of success in their life by adopting a positive mindset and healthy lifestyle.

If you are searching for a way to improve on what you are doing and would like assistance thinking through the results of this exercise let me know. I am approached all of the time by people who want to build a life they love!

*All the best!*

*Brian*

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