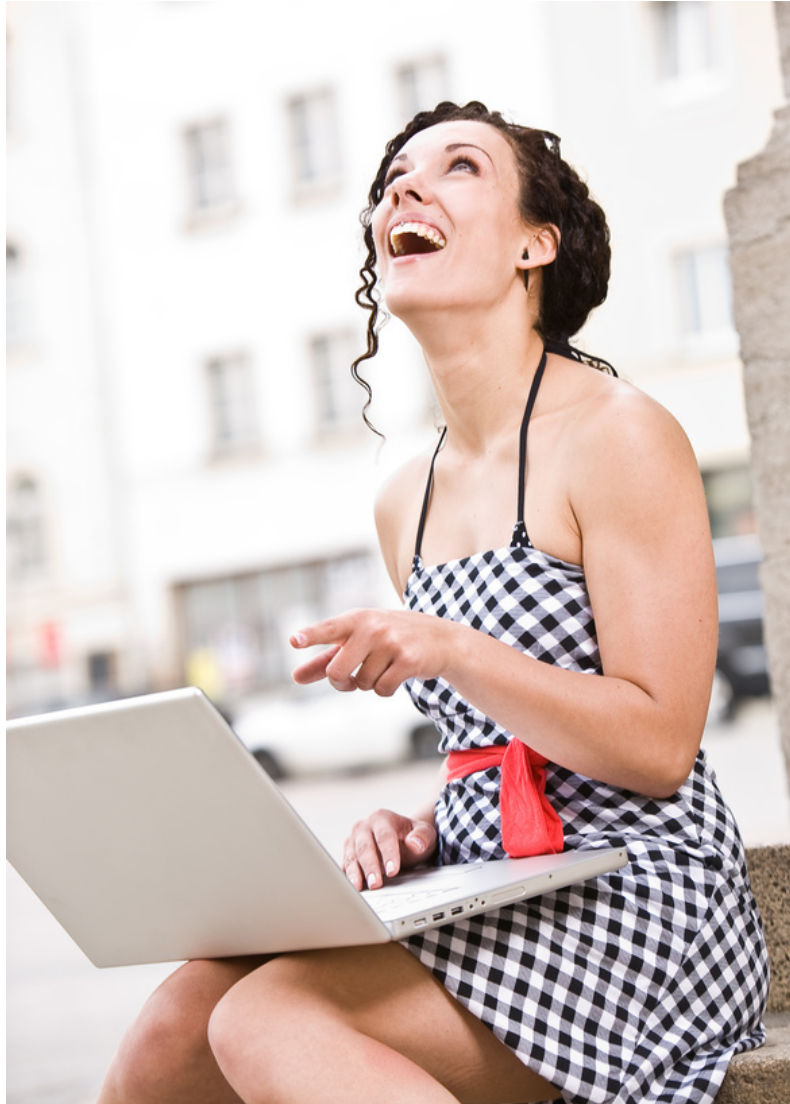
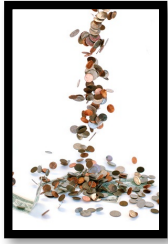


Fall In Love with your Money: Sacred Money Dates



with Financial Bliss Mentor
Briana Cavanaugh



Welcome to Falling in Love with Your Money!

Now that it's just between you and I, let's talk real talk, ok?

The way you've been approaching money has been, well it hasn't been working. And that's a big bummer. Maybe you're in debt up to your eyeballs, maybe you've never taken a vacation or maybe every time the ship is about to come in, something happens.

You worry about money. You think about it, you review it, you want more of it. But frequently what you're thinking about is what's not working.

Before you move forward, I want you to know something pretty important: your approach is much of your battle. Some people call it your mindset (and that's a pretty good work for it).

But mindset gets complicated, so since we're starting at the beginning here, building a new relationship, let's start from the beginning with your approach.

You know how it's super creepy when that dude approaches you on the street with a "hey baby!" A lot of people do something similar with their approach with money. Well actually it's more like a one night stand.

About once a year they dive into their money long enough to get something they want from it and then bail on it. And the rest of the time they don't really do that much with it.

A lot like a one night stand.

One night stands, or repeated one night stands aren't that great for relationships. So to turn it around, let's start with this: notice how you think about money.

If your partner/sweetheart/gentlemen (or lady) caller only called you when they really needed something, it wouldn't take very long before you were out. But when they call you up, take you out, tell you how great you look, take you to your favorite restaurant, you're pretty excited to see them. So when they ask for a favor, you're open to it.

So notice, how much do you "love up" your money and how much do you complain, worry, bitch and moan about it? I want you to stop that right now.

Start asking yourself, “How would I approach money if it was my lover?” And if “lover” is too strong a word, think friend. Think long term relationship. And then act accordingly.

Stop speaking badly about money “I’m so frustrated with my money ...”, stop threatening and cajoling it “If I just get this one client...” or talking crap about it, “my money sucks so hard right now...”

And instead I want you to set up regular dates to look at your money stuff, open your bills, review things, and yes, track your precious dollars.

Money is the value we collectively give it. If you don’t value it, you won’t do what it takes to take care of it. Just like body love: You won’t take care of something that you hate.

Below I’ve included your Sacred Money Dates Tools and Set up Worksheet.

Enjoy!

Financial Bliss Blessings,

Briana

Sacred Money Date Tools and Set Up Worksheet

This worksheet will help you get set up to have a Sacred Money Date. Keep it handy to use before each date to help you take great care of you!

Tools

Here are some suggested tools that you'll need to track your money and pay your bills:

Bills	Pen/pencil	Notebook	Computer
Spreadsheet	Bookkeeping program	QuickBooks	Bank statements
	Financial reporting	Log ins to banking	

Tools I need to have or gather to work with money:

- _____
- _____
- _____
- _____
- _____
- _____

Sacred Space

Just like you set up a container for a date with a sweetie, setting the container for your money will bring a deeper dive and more intimacy with more support for you both. So think in terms of what would make it easier to take the dive, make tracking money easier and fun or what you would use to celebrate.

Sacred space support set up (chocolate, incense, candles, setting, and self-love):

- _____
- _____
- _____
- _____

Frequency and Repeatability

My Sacred Money Dates will happen every (circle one): week bi-weekly monthly

My next Sacred Money Date is: ____/____/_____

I will set aside this amount of time each period:

30 Minutes 1 Hour 2 Hours Other

How I felt about Sacred Money Dates before today : _____

How I felt about Sacred Money Dates now : _____

Successes

So if you've gotten this far, you should know something important – you did it!

Remember that bit about approach? Acknowledging your successes is a big part of changing your attitude long term. So write down what you got out of this, acknowledge yourself for taking steps and making it different!

What I accomplished during this Sacred Money Date: _____

Great Job – You did It!