

Sheconomics[®] Tips

TIP SHEET NO. 4

HOW TO HAVE A POSITIVE MONEY MINDSET

- 1. Know your goal.** Have a clear sense of where you want to be financially. Break down how you are going to get there into small steps. Then take one small step towards your goal today.
- 2. Make it known.** Open up about a money fear or problem to someone you trust. Enlist the help of a supportive buddy. Once you've put it out into the world there's more chance of a solution.
- 3. Get outside yourself.** When you feel trapped by inertia and indecision, ask yourself 'What would X do?' where X is someone who is financially sorted - then put it into action.
- 4. The law of opposites.** Make positive changes by behaving in the opposite way to how you feel. Act as if you are the person you want to be and you'll conquer some of the barriers you've been putting up.
- 5. Reframe.** Put a different spin on problems to create a fresh approach. If the idea of a pension bores you, for example, reframing it as a gift to your future self could shift your mindset.