



Get Your Past Out of Your Future

As you go through the next sections, you'll see a few terms and their definitions:

MINDSETS: how you think about money--made up of your beliefs about money

PITFALLS: hazards to your wealth-building journey created by your mindset in action

TRIGGERS: situations that provoke you to make bad money decisions

OBSTACLES: unforeseeable challenges to building wealth, i.e. big life events like losing a job or illness

ISSUES: letting your mindset from your past rule your present and not having the awareness, knowledge, or courage to disrupt the mindset





The Five Most Common Financial Pitfalls : Doing the Most

If doing the most sounds like you, think about why you go to a doctor. You go for a specific diagnosis, and you get a specific prescription for that diagnosis. This book is here to help you do the same. Through each chapter, you'll understand where your personal struggles are, and I'll give you tailored decisions to make to make progress. Making financial decisions specific to you will make a difference.

*INSTEAD OF DOING THE MOST, pick **one** money problem you know you have and write it here:*

Once you've gotten through the book and found the right solution, come back and write it here:

Write down how you will focus on this solution until you're ready to focus on a new problem/ solution set.

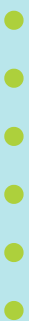




The Five Most Common Financial Pitfalls : Overanalyzing

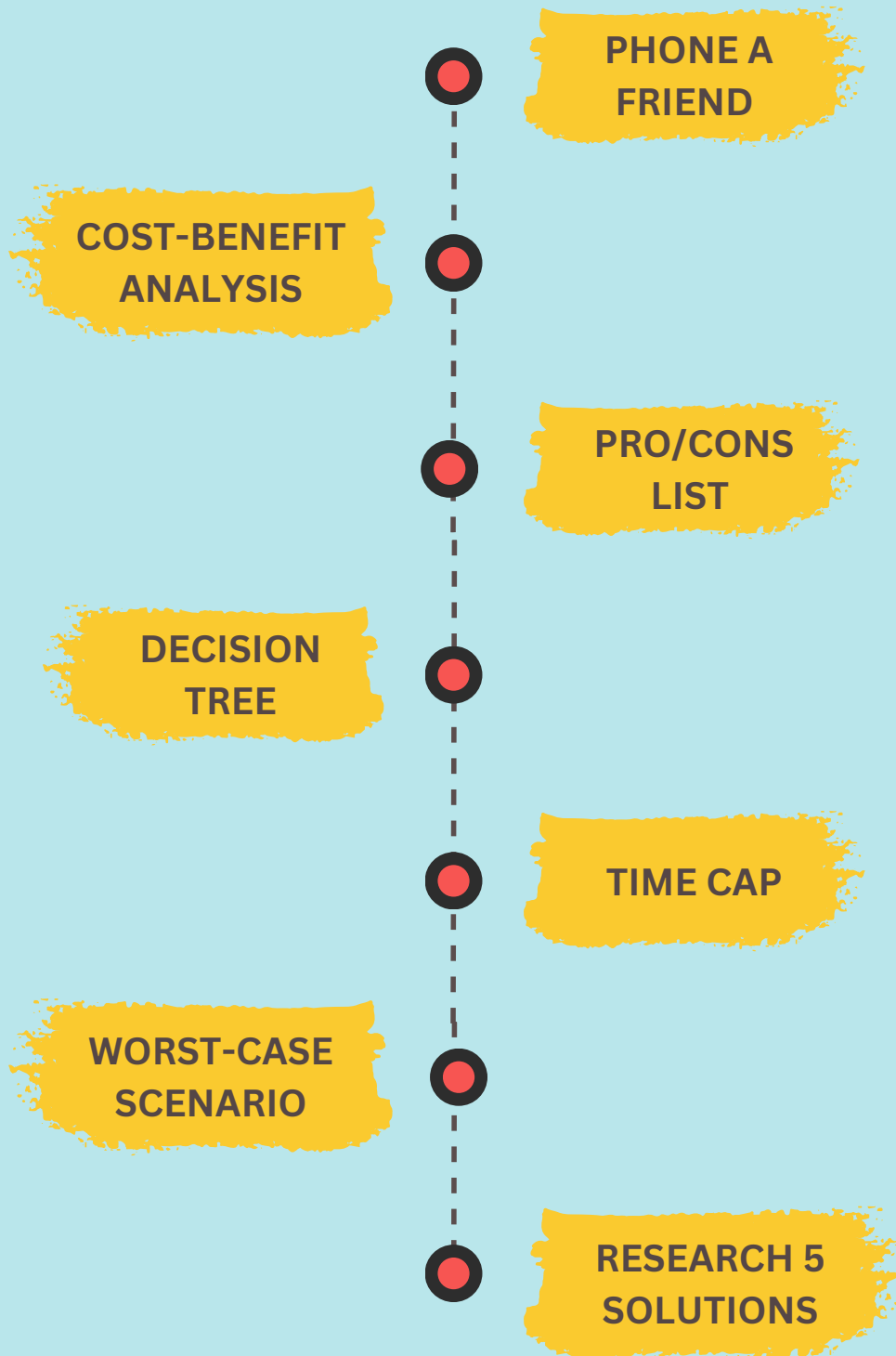
If overanalyzing is something you relate to, I find it helpful to put a time cap on my decisions. This self-talk may look like: "Okay, Dominique, you have twenty-four hours to decide yes or no, and then you're letting it go." In that time, I'll make a list, understand the pros and cons, do the research I need, and then, one way or another, I'm moving along. That's my process, but yours might involve giving yourself a week or even a month to decide. Instead of pros and cons, you might make a decision tree, write out worst-case scenarios, read forums on the internet, or call one of your best friends. However, at some point you have to **stop** analyzing and **start acting**.

INSTEAD OF OVER ANALYZING, write down one decision that you're overanalyzing here:



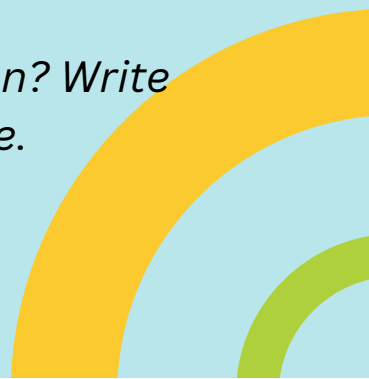
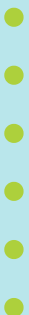


Now, check the tool you'll use to decide:



What is the deadline for you to make your decision? Write the date here to keep yourself accountable.

___/___/___





The Five Most Common Financial Pitfalls : Going for Instant Gratification

If instant gratification hits home for you (which it probably does for most of us), I promise to help you turn things around. Because you're choosing to go with me on this journey of wealth-building decisions, you'll see your fortunes shift sooner than you think. I'm often helped in moments of instant gratification by remembering the life of financial and time freedom I'm trying to design and asking myself if whatever I'm about to do is getting me closer to my goals or further away.

INSTEAD OF SEEKING INSTANT GRATIFICATION, ask yourself, is what I'm about to spend money on going to get me closer to my dream life or further away?

- If it's not bringing you closer to wealth, slow down and let the impulse pass by imagining your dream life.
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The Five Most Common Financial Pitfalls : Starting, but Not Finishing

If you're a starter/not finisher, you need to practice sticking with the path and decisions that are actually going to help you. Look at all the big purchases you made in the last year or two and determine if they helped your money grow or if they just wasted money. Realizing how often you splurge and where you're setting yourself back will give you pause the next time you do it.

INSTEAD OF STARTING BUT NOT FINISHING, list three big purchases you made in the last two years: 1. 2. 3. Did they help your money grow or waste it?

If you were to go back in time, would you spend money in the same way? If no, what would you change?





The Five Most Common Financial Pitfalls : Avoiding Risk

If you're someone who's avoiding risk, I'm about to lay down some knowledge in these next chapters that's going to make you feel more secure. You've already started the journey by opening up this book, which is more than most people will do. As we go through this wealth-building journey together, I want you to notice where you're scared to start or where you're avoiding the decisions I'm asking you to make. Take action anyway, even if it's something small that feels more comfortable.

INSTEAD OF AVOIDING RISK, ASK, what mini-risk can I take this week that puts me outside of my comfort zone?

For example: Finishing this book and implementing one step into my life! Or having that money conversation from the last chapter!





KEEP YOURSELF ACCOUNTABLE FOR YOUR SPENDING

Whatever expansion you're shying away from for fear of people talking, or whatever decisions make you uncomfortable as you work through this book—whether that's acknowledging your debt-free dreams or making your first investment—I want you to ask what I ask myself: *Am I delaying my success because I'm scared of what people will say?*

QUESTIONS TO KEEP YOURSELF ACCOUNTABLE FOR YOUR SPENDING

Get out a pen and jot down your answers to the following questions:

What dollar amount do you consider a large transaction for yourself (not including rent, mortgage, utilities, etc.)?





Write down the last five times you spent this much money and what you spent it on.

Rewrite the ones that you would not do over again . . .

Were you triggered by anything going on in your own life and anyone with or around you at the time that might have led to this purchase?





Were you displaying any unhelpful mindsets about your wealth that played into these purchases?

Were you facing any real-life obstacles that caused this purchase?

Reflect on these answers to examine where your money goes and why. Money is rarely nonemotional when you're struggling with it.

