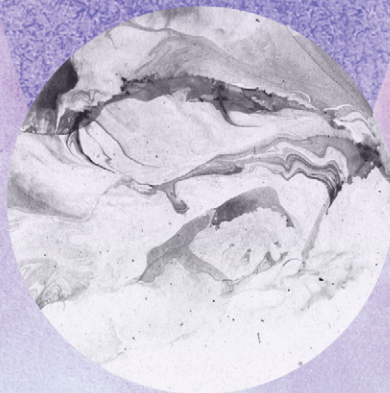


The  
• mindful  
wealth ◦  
movement

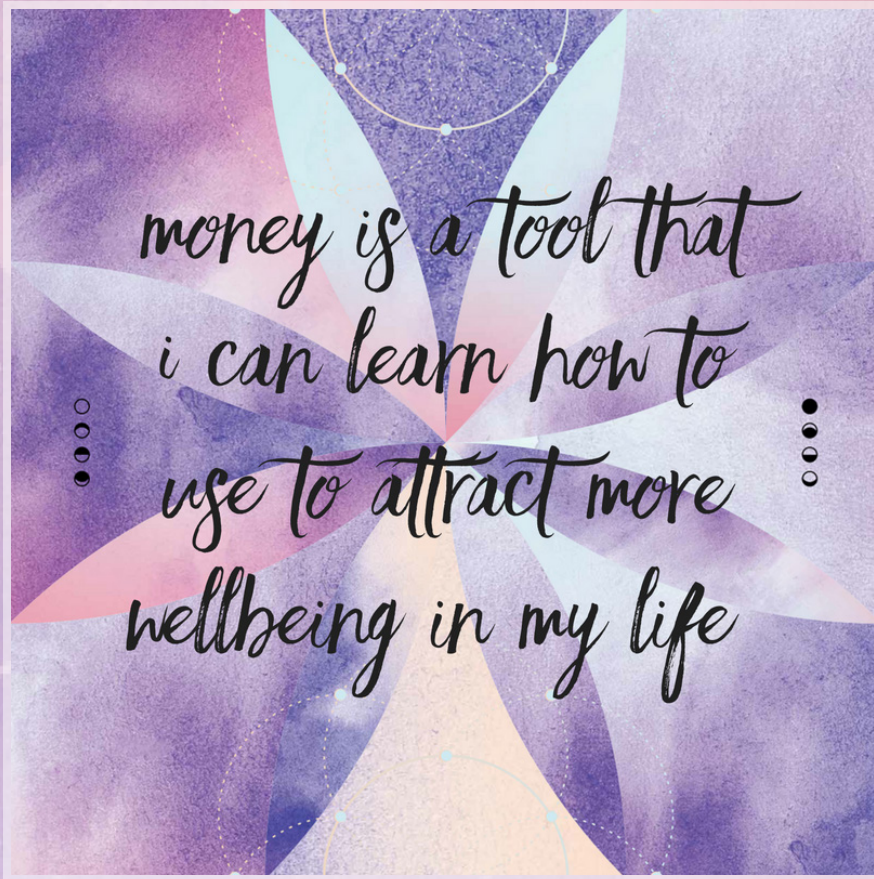
# *journey to mindful wealth journal*

This is your place to be open, honest and free to explore  
the pathway on your own journey to mindful wealth.



# Mindful Wealth & Well-Being

- Money, Wealth and “Wellth” ◦



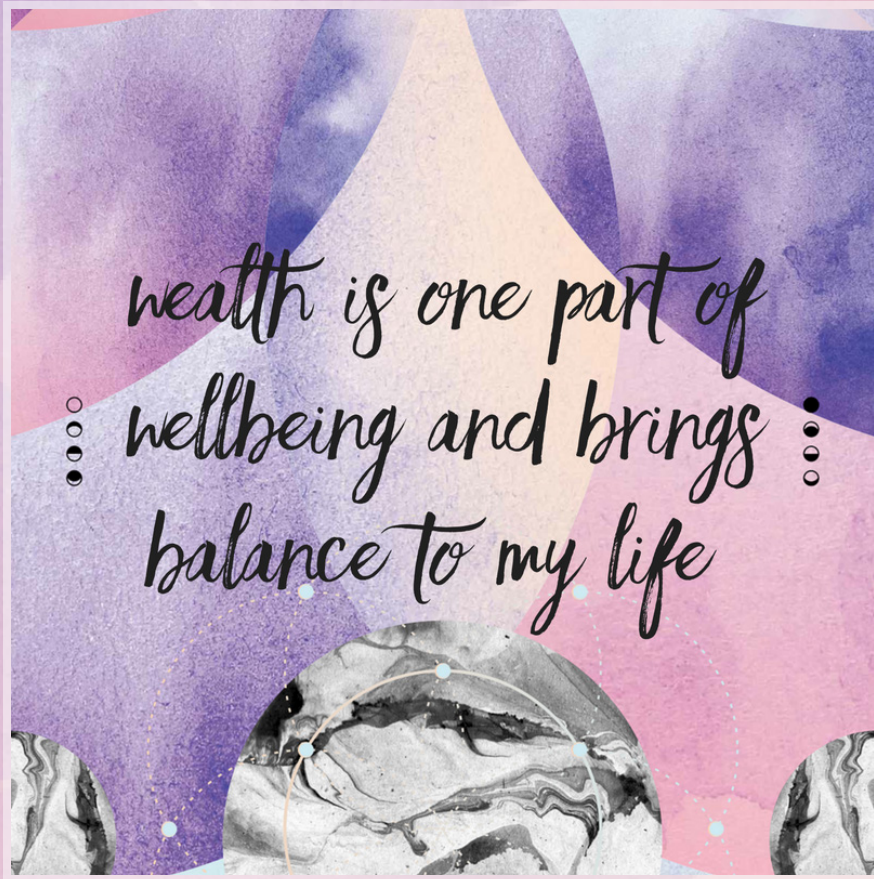
*Wealth (noun.)*  
*An abundance of*  
*valuable possessions*  
*or money.*  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- The Impact of Money on Wellbeing And Stress ○



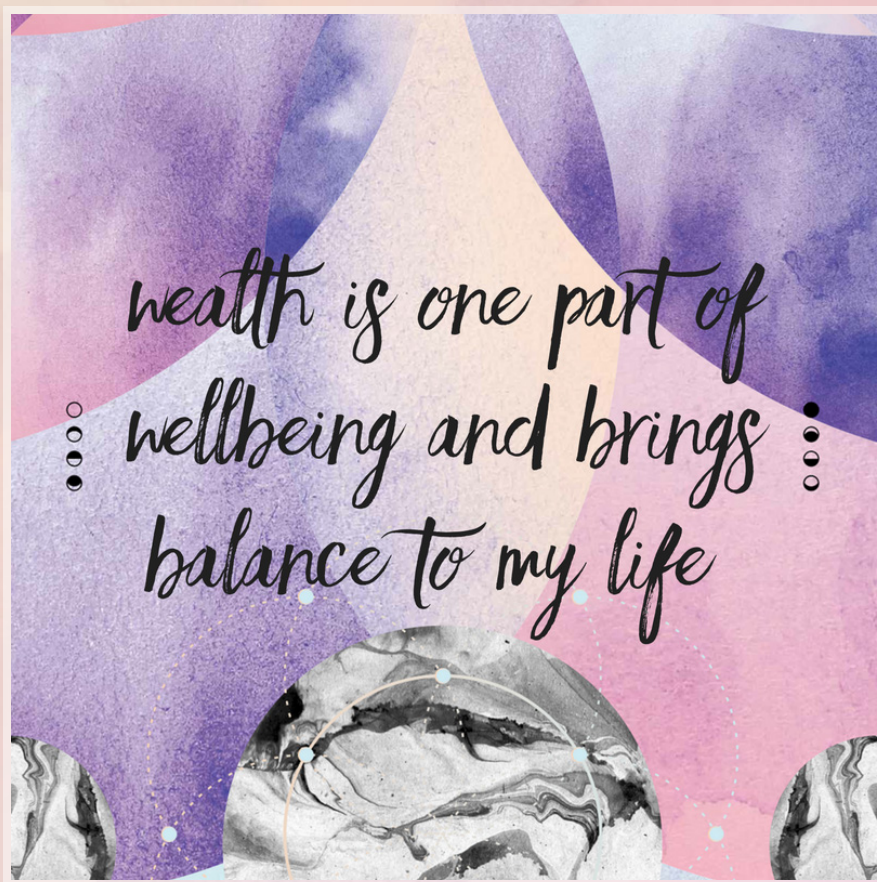
Well-being (noun.)  
The state of being comfortable, healthy and happy.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Self-Worth vs Net Worth ◦



Day

*Self-worth (noun.)*  
*Confidence in one's own worth or abilities; self-respect.*  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

Defining Happiness and Financial Success



Successful  
(adjective.)  
Accomplishing a  
desired aim or result.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Taking Control And Identifying Our Starting Point ○



Stress (noun.)  
A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.  
•Tmwm•

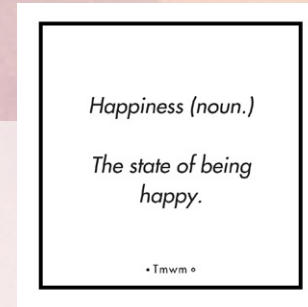
Day

Week

This is YOUR space where you can make notes and answer questions

# Mindful Beliefs, Habits and Behaviours

- A Wealthy Mindset ◦

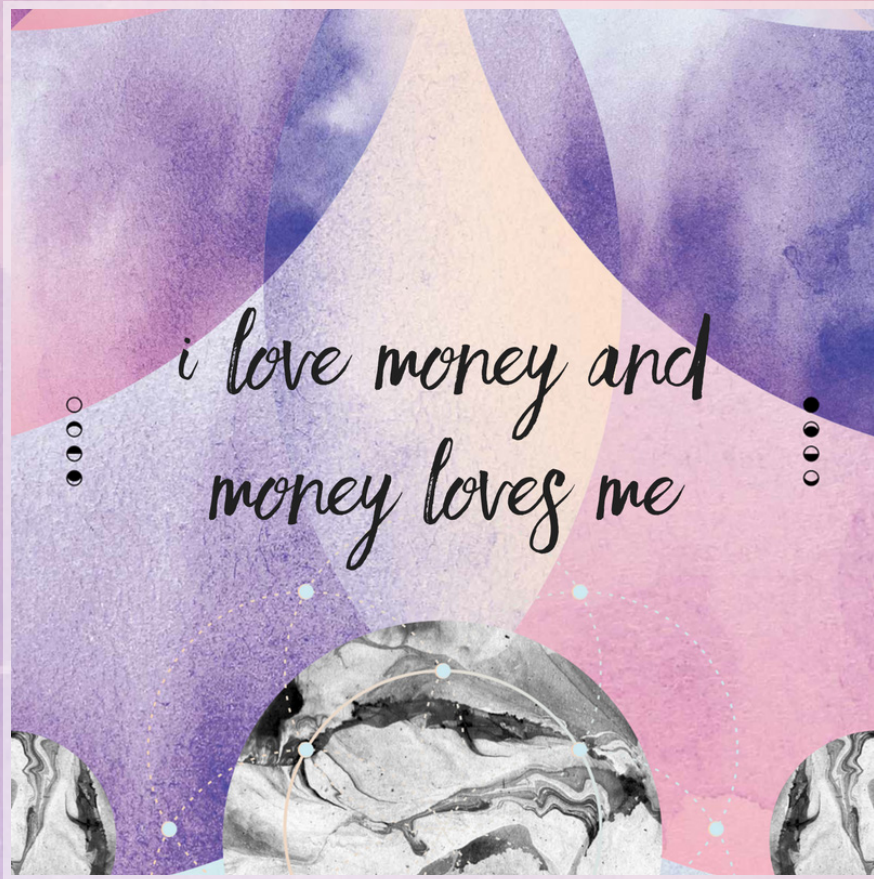


Day

Week

This is YOUR space where you can make notes and answer questions

• Our Relationship with Money •



Money (noun.)  
A current medium of exchange in the form of coins and banknotes.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Money Beliefs and Limitations ◦



Day

*Belief (noun.)*  
*An acceptance that something exists or is true, especially one without proof.*  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- How our Emotions Impact our Money ○



*Emotion (noun.)*  
*A strong feeling deriving from one's circumstances, mood or relationships with others.*  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Money Habits ◦



Day

*Habit (noun.)*  
*A settled or regular tendency or practice, especially one that is hard to give up.*  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

# Mindful Goals, Values and Decision Making

- Identifying our Values ◦



Value (noun.)  
The regard that something is held to deserve; the importance, worth or usefulness.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Setting Wealth Goals ◦



Goal (noun.)  
The object of a person's  
ambition or effort, an  
aim or desired result.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Decision Making Skills ◦



Day

*Decision (noun.)*  
*A conclusion or resolution reached after consideration.*  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- Making Mindful Money Decisions ◦



Mindfulness (noun.)  
The quality or state of being conscious or aware of something.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Planning for the Future ◦



Day

*Procrastination (noun.)*

*The action of delaying  
or postponing  
something.*

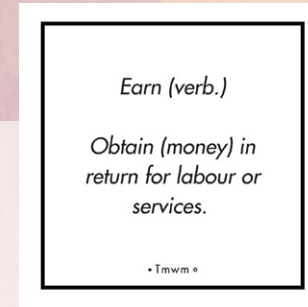
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

# Mindful Earning, Spending and Saving

- Earning, Spending and Saving ◦



Day

Week

This is YOUR space where you can make notes and answer questions

- Needs vs. Wants:  
Defining Enough ○



*Enough (determiner.  
and pronoun.)*

*As much or as many as  
required.*

• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Simplifying the Flow of Money ◦



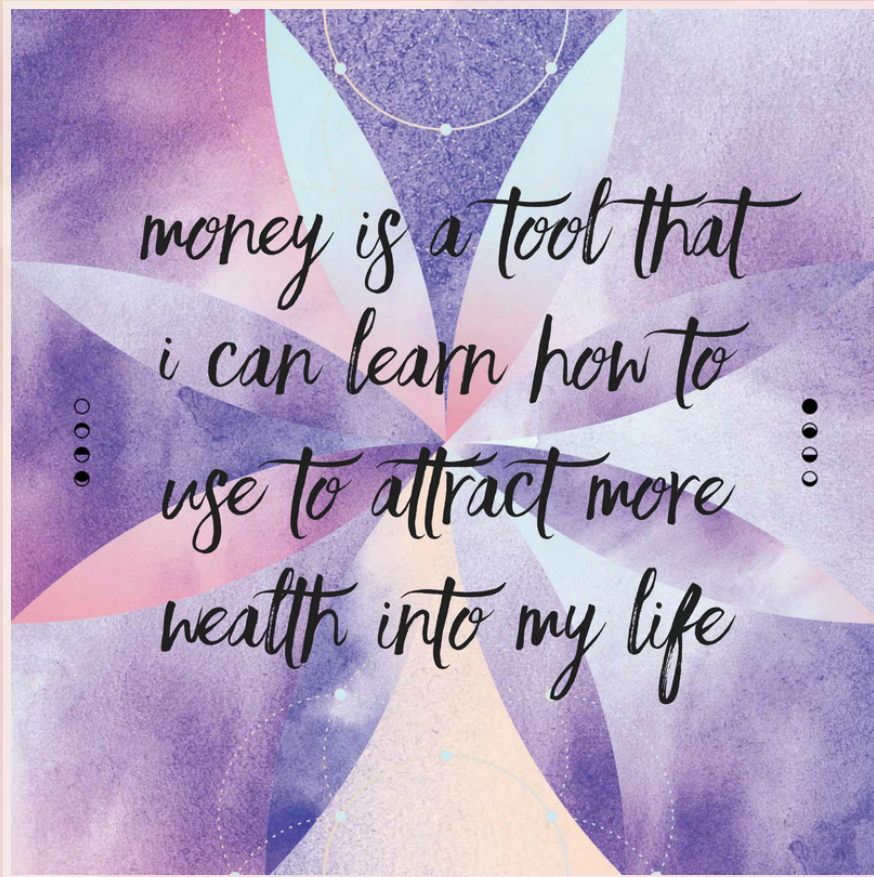
Day

*Want (verb.)*  
*Have a desire to possess or do (something); wish for.*  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- Money Flow and Spending Plan ○



Day

*Spend (verb.)*

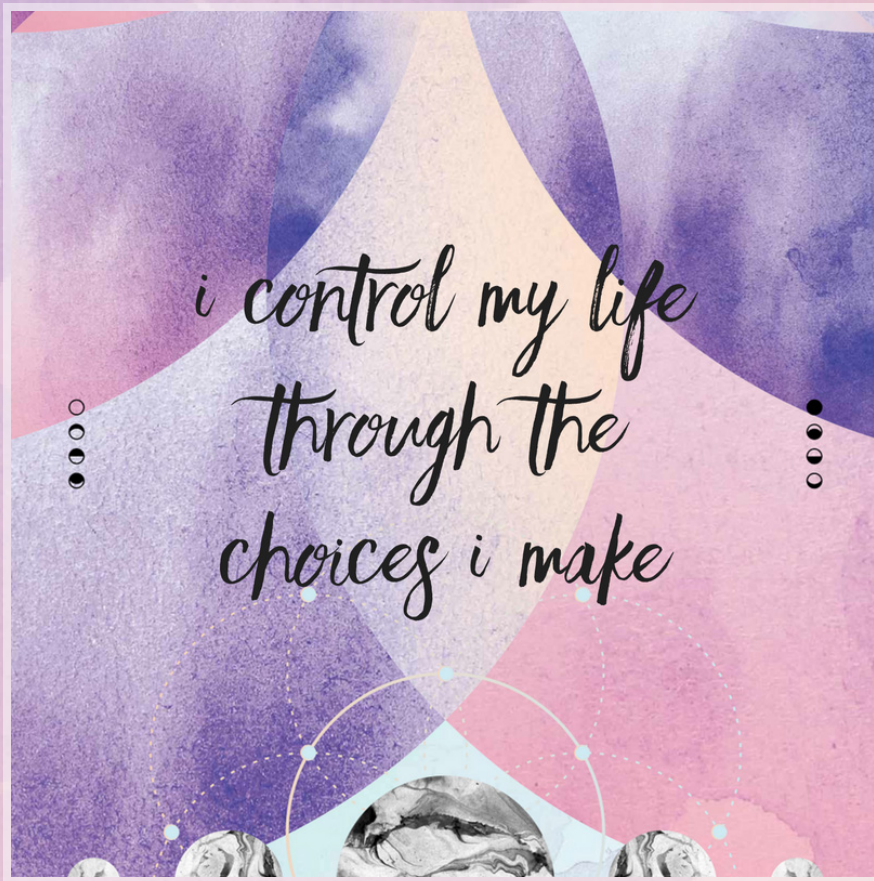
*Give (money) to pay for goods, services or so as to benefit someone or something.*

• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- Keeping Track ◦



Day

Save (verb.)

Keep and store up  
(something, especially  
money) for future use.

• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

# Mindful Investing, Borrowing and Protecting Wealth

- Creating a Wealth Practice ◦



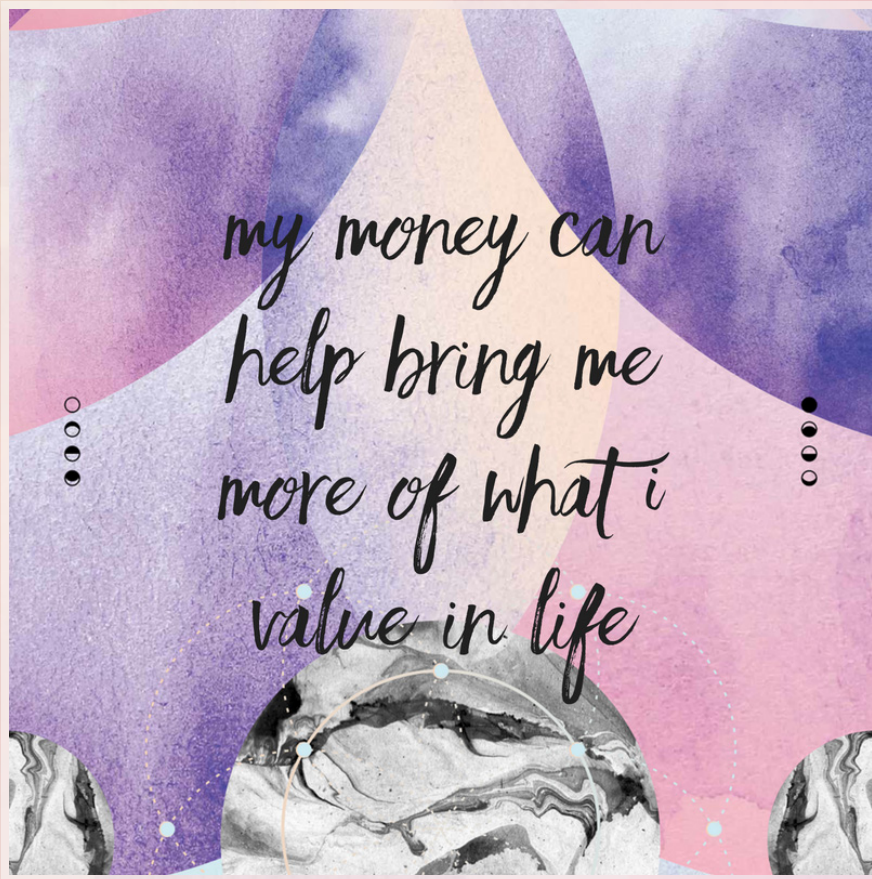
*Comfort zone (noun.)*  
*A situation where one feels safe or at ease.*  
•Tmwm•

Day

Week

This is YOUR space where you can make notes and answer questions

- Investing/Growing Our Wealth



*Invest (verb.)*  
*Put money into financial schemes, shares, property or commercial ventures with expectation of profit.*  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Conscious Investing ◦



Day

*Diversify (verb.)*

*Make or become more  
diverse or varied.*

• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- Getting Comfortable with Debt ○



Day

*Debt (noun.)*  
*A sum of money that is owed or due.*  
•Tmwm•

Week

This is YOUR space where you can make notes and answer questions

- Creating Resilience to Cope with Change ◦



Day

Change (verb.)  
Make or become different.  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

# Mindful Advice & Relationships

- Our Environment ◦



Day

*Purpose (noun.)*

*The reason for which something is done or created or for which something exists.*

• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- Healthy Relationships and Money ○



Day

*Generosity (noun.)*  
*The quality of being kind and generous.*  
• Tmwm •

Week

This is YOUR space where you can make notes and answer questions

- The Places and People to Find Advice ○



Gratitude (noun.)  
The quality of being thankful, readiness to show appreciation for and to return kindness.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Sharing Wealth with Others ◦



Abundance (noun.)  
A very large quantity  
of something.  
• Tmwm •

Day

Week

This is YOUR space where you can make notes and answer questions

- Our Contribution, Legacy and Impact ◦



Day

*Legacy (noun.)*

*An amount of money  
or property left to  
someone in a will.*

•Tmwm•

Week

This is YOUR space where you can make notes and answer questions