



*your journey starts here...*

THE DOER

ELEMENT: Fire

**JOURNEY:** The mindful wealth movement: Activating Change

As the Doer, money means freedom to allow you to take advantage of all the opportunities in life and to create change in your life.

Challenge yourself to view this journey to financial freedom as fun and flexible rather than complicated and boring. This will provide you with a better understanding of the opportunities available to you and the action you can take to better manage your wealth to create an impact.

We can learn to maximise our natural strengths by understanding our preferences in attitude and behaviours when it comes to managing our money and wealth.

**TIMEFRAME** - 6 weeks

**JOURNEY PATHWAY** - On your pathway to mindful wealth it's important that you create freedom and flexibility in your approach to completing the course materials over the next 6 weeks. Each week the module materials will be released, but rather than take a structured approach to learning or being too rigid with your time management, we encourage you to explore the content as and when it suits you best and when you're most in the mood to learn.

**MONEY VALUES** - You will have the best relationship with money when you use money in alignment with the following values: Flexibility, Action, Spontaneity and Opportunism.

**COMMUNICATION + COMMUNITY** - We also encourage you to

interact with our community who will support you on your journey these next 6 weeks and beyond.

**EXERCISES** - We've created a range of activities, videos and exercises to explore on your path to activating change with your finances. There are many opportunities for you to learn and explore the concepts that most interest you. When it comes to money, there is no one size fits all approach - you are in control of your journey. We believe it's most important for you to approach each week's content with the view to gaining an understanding of the broad overview of the materials, but not get too weighed down or stuck in the detail.

**GOAL SETTING STYLE** - When thinking about setting goals, the Doer profile is best suited to creating multiple, short goals which have clear action steps to help bring them to reality.

Having this profile suggests that you have a tendency to abandon existing plans if new opportunities present themselves. To help you reduce your natural tendency to do this, it can help if you make your goals exciting and rewarding. Having milestones and rewards in place can help you remain more focussed on the short term activities and achievements in line with your preference.

**DECISION MAKING STYLE** - your journey profile indicates what you are likely to look at and how you're likely to come to a money decision. When making money decisions, it can pay to reflect on your profile, by asking yourself the following questions:

- How will this decision improve my situation?
- What will this bring/add to my life and what will it restrict or take away?
- What is the risk of this decision vs. the reward?
- Will doing this/having this, still provide me with flexibility?
- What else could I do/ask instead?

We wish you a fun and inspiring journey to activate change with your finances.