

Stop Confusing Your Self-Worth with Your Net Worth

There is only one you in all the world, and no one does you better than you do. Embrace who you are, imperfections and all, because self-acceptance makes all things possible.

Accept yourself just as you are; be confident in your ability to grow, learn, and change. Self-acceptance today allows you to become someone different tomorrow.



Are Good Enough 👍

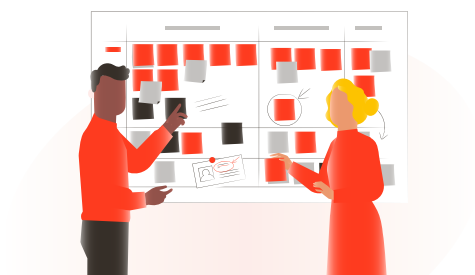


Are Where You Need to be for Now 📍

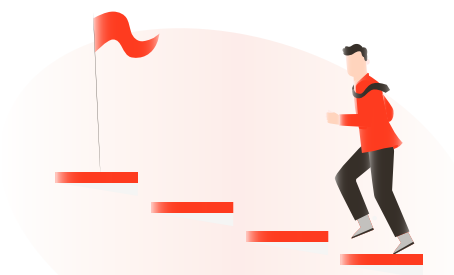


Already Know Enough 💡

Accept you...



Are Doing What You Need to do to be in a Better Place in the Future 🎯



Have the Right and Wisdom to Become Healthier Financially 💰

The amount of money you earn, have as debt, or have saved and invested is unrelated to the person you are. Acknowledge the pain and disappointments you've experienced, the lessons you've learned, and the person you've become as a result.

Honor yourself for surviving life's challenges, and allow yourself to be filled with confidence, joy, and happiness. Most importantly, remember there is always hope.

Practice Financial Self-Care



Begin by understanding that self-care isn't selfish – it's necessary...



It's important to know your own financial fears, anxieties, and problems because they are a constant presence in your life.

Getting them out of your head and onto paper allows you to begin to examine whether or not they are legitimate or relevant and gives you the ability to identify which are helpful and which are not. This helps you to determine which to keep and which to let go of.

Appreciation for personal and professional self-care has grown, but financial self-care has not come to the forefront. We are sharing financial self-care thoughts to help you get started. Don't be surprised they aren't more money-centric. Expect that as you read and integrate them into your life, you will discover their healing power in your relationship with your money as well as with yourself.

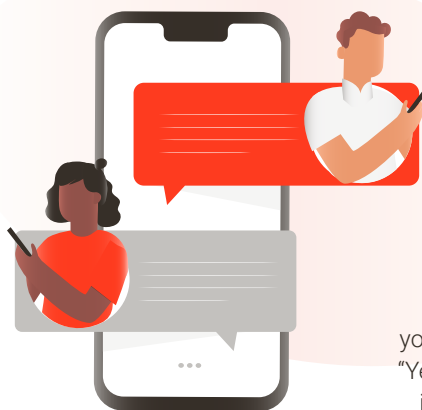
Know Hope 🐦

There is always hope.



Find your Voice 🗣️

Speak up for yourself. Say "No" or "Yes" only when that is what you mean.



Embrace Change 🔄

Use any past life event that required you to change to help you rethink and reframe self-limiting money beliefs.



Know What You Know 🗣️

What truths do you find difficult to acknowledge? Knowing and accepting them could change your life.



Be More Self-Accepting 🧘

Stop judging yourself and start acknowledging your many wonderful traits.

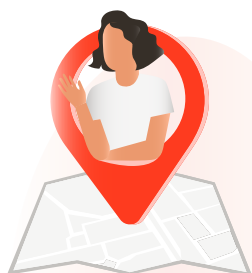
Silence Your Inner Critic ❌

Reduce undesirable self-talk by changing negative money thoughts into positive ones.



Listen to, Validate, and Learn from your Feelings ✔️

Your feelings can teach you the lessons you need to grow more financially healthy.



**Believe You are
Where you Need to
be for Right Now 📍**

Before you can be somewhere else, there are lessons to learn where you are. What are they?



**Recognize Your Capability to Grow,
to Learn, and to Change 🧑🏻**

Lucky you! Where should you begin?



**Make Peace with Your
Past, so it Doesn't
Jeopardize Your Present ⌚**

When you forgive yourself for past mistakes, you actualize self-love.



**Know and Avoid
Personal and Financial
Stress Triggers ⚡**

Stress is no one's friend.
How can you reduce yours?



**You are the Only
One Responsible
for Your
Happiness 😊**

Know what makes you
happy; do what you can to
pursue happiness.



**Don't Compare Your
Life to Others' Lives.
Each Journey is
Unique 📍**

Stay focused on
yourself, working to
improve your life.



**What Others Think
of You is None of
Your Business 🗨️**

Trying to satisfy others
is an exercise in futility.