



Creating the Belief | Seeing the Impact | Making the Income

THE 5 ELEMENTS OF FINANCIAL FREEDOM CHEAT SHEET

These **5 elements** will set the foundation for you to achieve your own financial freedom.

We are in relationship with money, just like we are in relationship with a person.

When we choose to take 100% responsibility about how we show up to our money, we step into a greater version of ourselves that creates abundance in all its forms: financially, emotionally, physically, and mentally.

ELEMENT 1: AWARENESS:

- The key to seeing major shifts in your finances starts with keen awareness. The willingness to see the truth of where your money is going.
- Exercise: Track your money. Every day for 2 weeks, track each purchase you make. Grab a small notebook and label three columns: date, item purchased, amount, and how you felt about the purchase (good, bad, or something else.)
 - Journal: What UH-OH's or AHA's came through for you?

ELEMENT 2: ACCEPTANCE:

- Acceptance is the energy of forgiveness. Forgiving yourself for not being a good steward of money, for not knowing where to start, for struggling with this topic. We must acknowledge (Awareness) and Accept to move through to the other side.



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- Exercise: Identify your Money Story. Write a letter to money as if it was a person. Lay it all out on the line. For your eyes only. AND THEN have money write you back.
 - Journal: What UH-OH's or AHA's came through for you?

ELEMENT 3: ALIGNMENT:

- Alignment is getting clear on your values, AKA your principles, the ideas we live by, that motivate us and empower us to make conscious financial choices. Values are a compass for our money.
- Exercise: Want to know what you value look at the things you purchased in the exercise in Element 1. How do they stack up with your what you say you REALLY VALUE? (see attached sheet for VALUES exercise.) The more aligned you get with your purchasing the richer you will feel.
 - Journal: What UH-OH's or AHA's came through for you?

ELEMENT 4: ABUNDANCE

- What is Abundance anyway? For some abundance means more, for some less. My philosophy is it is enough.
- Exercise: Put a number on it. How do you define ENOUGH when it comes to your mortgage or rent? When it comes to retirement? When it comes to savings? To go out on your own? What do you need that aligns you with your values. That is abundance!
 - Journal: What UH-OH's or AHA's came through for you?

ELEMENT 4: ACCOUNTABILITY

- Accountability means enlisting support. Creating a expansive relationship with money starts with support. In this framework, accountability is the energy of co-creation. Why do we have to do this money thing alone?



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Just as if we wanted to improve our health, we go to a doctor, or we work out with a friend.

- Exercise: Garner support. Ask a trusted friend, find a money mentor, someone you respect and admire who is courageously stepping up to her money. Get a money buddy and share what is going on. We have taken on disempowering money stories from others and we can unwind them with the support of others who we trust and respect.
 - Journal: What UH-OH's or AHA's came through for you?

These elements are key to a healthy relationship with money, a relationship where money grows. Money is the longest relationship you will have. So why not make it one of the best?

If you have any questions or want more resources, feel free to reach out to me at christine@christinemwalsh.com.

Thank you for the opportunity to share this work with you.

Christine