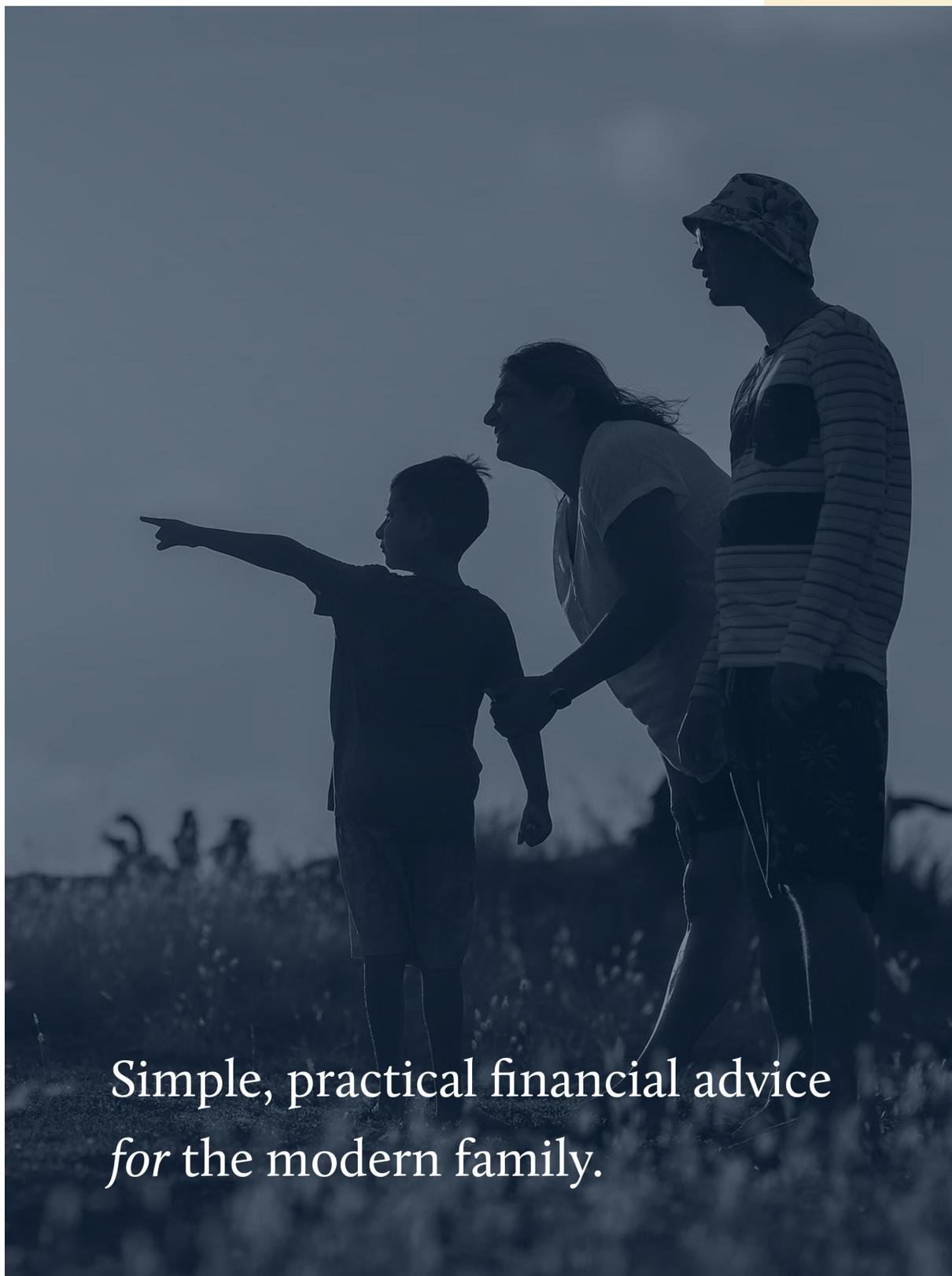


SIMPLEMoney



Simple, practical financial advice
for the modern family.

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5 Principles to Declutter Your Financial Life

—By Bob Lotich



We all want to spend less time and mental energy on money so we can have more time to focus on what actually matters in life.

I tend to be someone who believes that personal finance is personal and that there aren't any one-size-fits-all solutions. But there are principles that even if they can't be applied directly, can often be adapted to our situations.

So with that, let's get to the list.

1. An uncluttered financial life is one with little to no debt

Yes, I guess this is obvious, but it is worth stating. Debt doesn't just cost you money; it also makes life more complicated. Not only do you have to spend more time paying bills, but each debt adds more stress and is taking money out of your pocket that could be used for things you actually want to use it for.

I am thankful to be 100% debt free, and from having spent years with a dozen or more outstanding debts, I can say with confidence that an uncluttered financial life is one with little (or zero) debt.

Eliminating debt obviously isn't a push-button fix, but is always a financial goal worth pursuing.

2. Fewer credit cards are better

If you choose to use a credit card for points and simplicity, you don't need 3, or 5, or 10 credit cards. Just find the best one for your situation and then get on with your life.

I actually opened up 34 credit cards to see which one was best for our family (I know, I am weird like that). Now I only have one credit card in our wallet (with a debit card as a backup).

(And yes, if you have a bunch of cards and close them all, it may have a negative effect on your credit score.)

So if you are concerned about it affecting your credit score, then consider keeping the card with the highest credit limit and/or the card that has the longest history, and close the others. Doing this will reduce any potential negative impact on your credit score.

3. Owning a home costs more clutter than renting

We all know the arguments for owning a home, so I won't get into that, but I do think it is worth bringing up a counterpoint: renting tends to yield a less cluttered life than owning.

Owning your own home comes with a long list of expenses and responsibilities that you wouldn't have if you rented. For example, you wouldn't need to be concerned about repairs, maintenance, or HOA special assessments. Your landlord would be responsible for those.

Generally speaking, renting reduces you to just a monthly rent payment, and a small number of utilities. Anything beyond that will not be your concern. That will simplify both your finances and your life.

Additionally, I found that renting (especially apartments or condos) tends to prevent clutter. Simply because there isn't nearly as much room as most homeowners have. When we lived in an apartment, I found that it forced me to constantly evaluate purchase decisions because of our limited space.

4. Ignoring the noise that is the financial industry is BETTER for your investments

Far too many investors think the key to financial success is just reading the Wall St. Journal every day, watching stock prices non-stop, analyzing charts, etc. But the truth is, you can invest wisely, passively, and without any of the stress most investors deal with.

In fact, years ago Fidelity did a study that revealed that of all their clients, the ones with the best investment performance were the accounts that were forgotten about or accounts where the investor had died. The takeaway is that as investors, we tend to be our own worst enemy, and good simple investing tends to be set-it-and-forget-it.

Taking this to heart, I have been passively investing for the last 10+ years and only check my investments 1 time per year. I spend about an hour or so per year thinking about my investments, so I don't have to deal with any of the mental clutter and noise that the financial industry seems hell-bent on stressing us out with.

If you want to learn all the details of how I do it check out my [10x Investing Course](#).

5. In work/business, do less, but do it better

When it comes to generating income, it makes sense to focus on the things that are working best and to cut out the rest. This applies most directly to the self-employed and to commissioned salespeople, but it does have relevance to salaried employees as well.

Many freelancers and businesses will find that the 80/20 principle holds true in their revenue numbers.

What if you actually cut out a lot of promotional activities that are bearing minimal fruit and instead put all your energy towards the 1 or 2 things that are generating the most revenue? Or for salaried employees, this could be concentrating your efforts on activities that are likely to produce a larger bonus, or put you in a better position to be promoted.

This single change in strategy can both increase your income, and simplify the income earning process of your life.

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Bob Lotich is an award-winning blogger, podcaster, and the author of the newly released book [Simple Money, Rich Life: Achieve True Financial Freedom and Design a Life of Eternal Impact.](#)

To Design Your Best Life, Start With Your Ideal Day

—By Jessica of The Fioneers



If you didn't need to work for a living, what would you do?

This is a great question. My response goes something like this...

I would be location independent so that I could travel as much as I want to. I'd take 3-6 month trips every year (either in my campervan or internationally). As I was slowly traveling the world, I'd invite friends, loved ones, and readers to come join me on "retreats" in different areas of the world. I'd write a book. I'd have a business I loved where I could work when and where I wanted to.

All these are amazing things to work toward.

Notably, this list doesn't include anything about what I want for my *daily* life.

I was recently thinking about a Slow FI interview with Carl from 1500 days: Avoid the Death March to FI. I absolutely loved this interview with Carl. As someone who has already reached financial independence, he has so much advice on how to approach the path to FI differently than he did. In the interview, there was one particular thing that struck me.

He said, "The real value of FIRE is how it impacts your **daily life**, whatever that is to you. This isn't sexy, but FIRE is most valuable to your daily routine. For me, it's about being able to walk my kids to

school every day. It's about being able to attend all their functions. It's about taking long walks with Mindy in the middle of the day. It's about being able to hang with friends on a weekday afternoon."

He then goes on to say, "I'd encourage you to ask yourself this question, 'If I didn't **need** to work for a living, what would I want to do **every day, week, and month**? This will be a much greater indication of what life after FI looks like than anything else."

It's important for us to not only focus on the big vision we have for the future.

Why?

Because, even if we achieve it, our daily lives still won't be full of joy and fulfillment.

We'll still be living for the next big milestone or adventure. We'll still be so caught up in striving for the next goal that we'll miss out on the journey of life.

To design your best life, you need to start with the most basic building blocks – *each day, each week, and each month*.

Designing Your Ideal Day is the Foundation of Lifestyle Design

One of the first things clients do in the Design a Life You Love Program is to focus on their ideal day and week.

Days and weeks are the basic building blocks of our lives. And, you know what? We won't be having peak experiences on a daily basis. If we did, we'd be exhausted!

Our lives are filled with days. We can design days that provide us with enjoyment, fulfillment, and energy.

When we do this:

- We experience more satisfaction and fulfillment in our daily lives.
- We are able to be more resilient in the face of challenges.
- We take part in a virtuous cycle, where every change provides us with more brain space to figure out the next idea we want to undertake to improve our lives.
- We start to believe in ourselves (by seeing the evidence) and that we can take more steps to improve our lives.

Focusing on making small changes in our everyday life sets the foundation for higher levels of satisfaction now and space to create the life we want long-term.

When we figure out what our ideal day would look like, we can start to incorporate those elements into our days right away!

For example, a client I'm working with realized his vision for his ideal day included starting the day by taking time for himself. Part of this included "treating" himself to a really good cup of coffee (at home). These were things that he did for himself on the weekend.

But, the weekdays felt like a lost cause. On weekdays, he'd roll out of bed, make a crappy cup of weekday coffee and get straight to work. This is not a joke. He had good weekend coffee and crappy weekday coffee. He said, "By making the crappy weekday coffee, it's like I was saying 'I know today's going to be terrible, so why even try?'"

Over just a few months, a lot changed for him. Importantly, he no longer has *weekday* coffee. When he gets up, he starts his workday with a great cup of what was formerly *weekend* coffee and spends time doing something for himself. He might watch a show of interest, practice disc golf, or do some research for his business.

Now, even when his workday doesn't go well, he feels more resilient and balanced. Doing something for himself in the morning sets the tone for the day and his life.

Beyond making those simple changes, he started to do so many other things to design his life, including:

- Setting clearer boundaries around his work hours
- Prioritizing time for hobbies, relationships, and volunteering
- Creating a side hustle that will hopefully allow him to quit his day job within the next year.

When you design (and begin to implement elements of) your ideal day/week, it sets the foundation for more daily contentment and long-term lifestyle changes.

How to Design Your Ideal Day

To figure out what your ideal day looks like, I'd encourage you to use these strategies:

- Collect Data
- Reflect on key questions
- Articulate what you want your ideal day/week to look like

- Experiment with aspects of your ideal day now

Strategy #1: Collect Data

As part of my coaching program, clients spend 4-6 weeks doing an energy/engagement audit. I first heard about this activity in the book *Designing Your Life*, which I'd encourage you to check out.

At the end of each day, people write down everything they did that day and they rank it on a scale of 1-5 for energy and engagement. It's important to define the terms:

- **Energy** is the extent to which an activity provides you with energy and depletes your energy. Five for energy would be, *"I freaking loved this activity. I had even more energy at the end of it than I did when I started."* One would be, *"Wow. That was exhausting. Now I feel so depleted and want to go and take a nap."*
- **Engagement** is the extent to which something can hold your attention. Five for engagement would be, *"I was so fascinated by this that I was fully present and it felt like the time flew by."* One for engagement would be, *"That was so boring. It could not hold my attention. My mind kept wandering to much more interesting things."*

Once you track your days for a few weeks, you'll start to see trends. This is exactly how the client I spoke about previously

realized the difference between weekday and weekend coffee. Making and drinking weekday coffee was always a 1 or 2, but weekend coffee was a 5. So, why not make weekend coffee everyday coffee?

By doing this activity, you'll also start to get clearer about the specifics. Instead of seeing work generally as something you don't like, you can get specific about what aspects are energizing and draining. This will hopefully provide you with immediate ideas for things that you could try to minimize or do more of.

I also encourage people to look critically at activities that you sometimes rate high and, other times, low. This can tell you a lot about the conditions under which you thrive. Were there particular people involved with things that were energizing vs. draining? Was there a difference in the time of day, the amount of sleep you got the night before, your level of hunger, or did you simply have too many things in a row?

Over time, we want to see the *average* score of our days go up. We can do this by minimizing the things that drain us and doing more of the things that we find energizing and engaging. These small changes can set up a virtuous cycle.

Strategy #2: Reflection

You can mine the depths of your experience through reflection to figure out what's important to you.

To help define your ideal day/week, I'd encourage you to pick up a journal and reflect on this list of questions:

- What small things bring me the most happiness on a day-to-day basis?
- Think about a recent day that felt good. What did it feel like? Why did it feel that way? Describe it. What did you do? Who did you spend it with? Where were you? Why were you doing the things you did?
- What contributes to me feeling my best? Are there certain enabling conditions (sleep, connection, a morning routine, taking time for myself, exercise, etc.)?
- If I could choose, what would I generally want my schedule to look like?
- When am I at my best throughout the day? Am I an early bird or a night owl? Or an afternoon finch? (*I just made up that one, but finches do come out in the afternoon.*)

- What amount of connection with friends and loved ones do I want to have?
- What kinds of activities get me into a flow state, where I feel fully engaged and time feels like it stands still?
- What activities actually help me to recover (i.e. when do I have more energy after something than before doing it) when I'm feeling really tired?
- What would my ideal work schedule look like? When would I start working? What time would I stop working? How often would I take breaks?
- How do I want to feel? You can break this into different areas of life to make it easier. For example, you could ask, "*How do I want work to feel?*" or "*How do I want time spent on my hobbies to feel?*"

Reflecting on these questions will help you to get clearer about what your ideal day looks like.

Strategy #3: Articulate Your Ideal Day/Week/Month/Year

As you reflect, you'll realize that there are many things that are important to you. Some of them, you'll want to incorporate into

your daily life, and some of them you'll want to incorporate into longer time horizons (weeks, months, or years).

To get clear about what we want, it's important to be specific.

First, I'd encourage you to get specific about what your ideal day looks like. Of course, not every day will look the same, especially as we work toward larger goals in our lives. One of my clients likes to think of this as the things she does *more often than not*. I'd encourage you to do the same.

For example, here is what my ideal day looks like.

- I wake up without an alarm when my body feels rested.
- I take time for myself in the morning when I eat a healthy breakfast, journal, and plan my day.
- I jump into some energizing work (for me that's writing and coaching).
- I take breaks throughout the day to exercise, walk the dog (and usually do a walking meditation at the same time), eat a healthy lunch, and sometimes talk to a friend or family member.
- During my ideal day, I work about 4-5 hours. When I'm not running groups in the evening, I finish work by 4-5 PM, so that I

have time to relax, hang out with my husband or friends, or spend time doing hobbies or personal projects.

- Overall, I want my days to feel relaxed, intentional, energizing, and enjoyable.

As I'm reviewing this, I realize that there are so many things missing that are important to me! But, I don't necessarily want to do those things *every* day. Plus, I don't want to work every day. These are the things I want to do *more often than not*.

This is why the next step is to articulate your answer to the following question. If I could design my ideal, what would I want to do every...

- Day?
- Week?
- Month?
- Year?

Here are my answers:

- **Every day**, I want to: wake up without an alarm clock, take time for myself, eat healthy/nourishing food, do some sort of

physical activity, get outside, do work or other activities that I enjoy, and spend quality time with my husband.

- **Every week**, I want to: hang out with friends, take a longer walk/hike (that's not my normal neighborhood walk), make really amazing pizza, have a "shouldless" day (a day without any shoulds or required activities), do more vigorous exercise 2-3x, read for fun, and meet with my accountability partner.
- **Every month**, I want to: take a local adventure within a few hours of home (e.g. camping, hiking, biking, fruit picking, etc.), play board games, and have regular meetings with my support system (e.g. therapy, mastermind, etc.).
- **Every year**, I want to: take 3-6 months to travel either in our campervan or internationally, visit friends and family who live far away (or have them visit us), complete an annual visioning/planning process for myself (and support others), try a new hobby/interest.

Over the last 4 years that I've been designing my life, I've been able to implement my ideal day, week, and month. I'm still working on the 3-6 months of travel in my ideal year.

Strategy #4: Experiment by Implementing these Elements into Your Life Now

Once you are clear on the things that you'd want to do every day, week, month, and year, you can begin to incorporate these things into your life right away.

But, you don't need to do them all at once! I'd encourage you to put the things on the list into categories. Then you can tackle them one at a time. Here are the three categories:

- Things that I can implement right now without making lifestyle changes
- Things I could implement if I had slightly more time
- Things that would require significant lifestyle changes

For example, when I first started designing my life in 2018, I was able to implement a few things immediately:

- Taking time for myself daily (to journal, meditate, take a walk, etc.)
- Getting outside
- Taking a longer walk/hike on a weekly basis
- Meeting with my accountability partner
- Playing board games

- Hanging out with friends and my spouse
- Doing an annual visioning process

But, I knew that I'd need more time to:

- Do more physical activity
- Take local adventures
- Meet with a mastermind
- Try new hobbies and interests

And, I knew that a few of the things would require significant lifestyle changes:

- Waking up without an alarm clock
- Doing energizing work/activities every day
- Taking a "shouldless" day each week
- Taking 3-6 months to travel each year

I'd encourage you to make a similar list.

Then, don't try to tackle everything at once. First, focus on the things that you can implement immediately.

Then, you can start to brainstorm, how can I gain more time to do the things I want? Can I set better boundaries around work? Are there certain things that I need to quit or scale back that don't bring me value? Can I delegate anything or get outside support?

Finally, you can think more about the long-term lifestyle changes required. When you think specifically about what's on your list, you can ask, *What lifestyle changes would this require?* Don't be narrow with your thinking.

While I decided to pursue entrepreneurship, there are many other ways to wake up without an alarm clock. Someone could:

- Work part-time in the afternoon hours
- Become a freelancer so that you can set your own hours
- Find an extremely flexible job
- Go to bed earlier so your body naturally wakes up before you need to be awake

To take a "shouldless" day off each week, someone could:

- Negotiate a schedule where you work less than 4 days/week (either working four 10-hour days, or working a part-time schedule).
- Use your banked vacation time or other PTO to take a day off/week for the foreseeable future.
- Become a freelancer or self-employed.

Be creative about the ways to make your ideal happen. And, it's important to know that it will take some time to get there. After four years, we are still working toward taking extended periods of time off to travel. Because of all the small changes we've made over time, this goal will be within our reach over the next couple of years. And, it's not necessarily because Corey will quit his job in 2023. Taking a sabbatical is also an option!

As you make changes, pay attention to how you feel. I try to look at all this as an experiment and ask, Does this thing actually make me feel the way I want to? Does my ideal life require this? Or, is there something else I want to incorporate?

Your Ideal Life is Made Up of Ideal Days. Make them Count.

When designing a life you truly love, it's important to balance peak experiences with an awesome day-to-day life. When we can articulate what our ideal day, week, month, and year would look

like, we realize that we can start to put in place so many of those things right away!

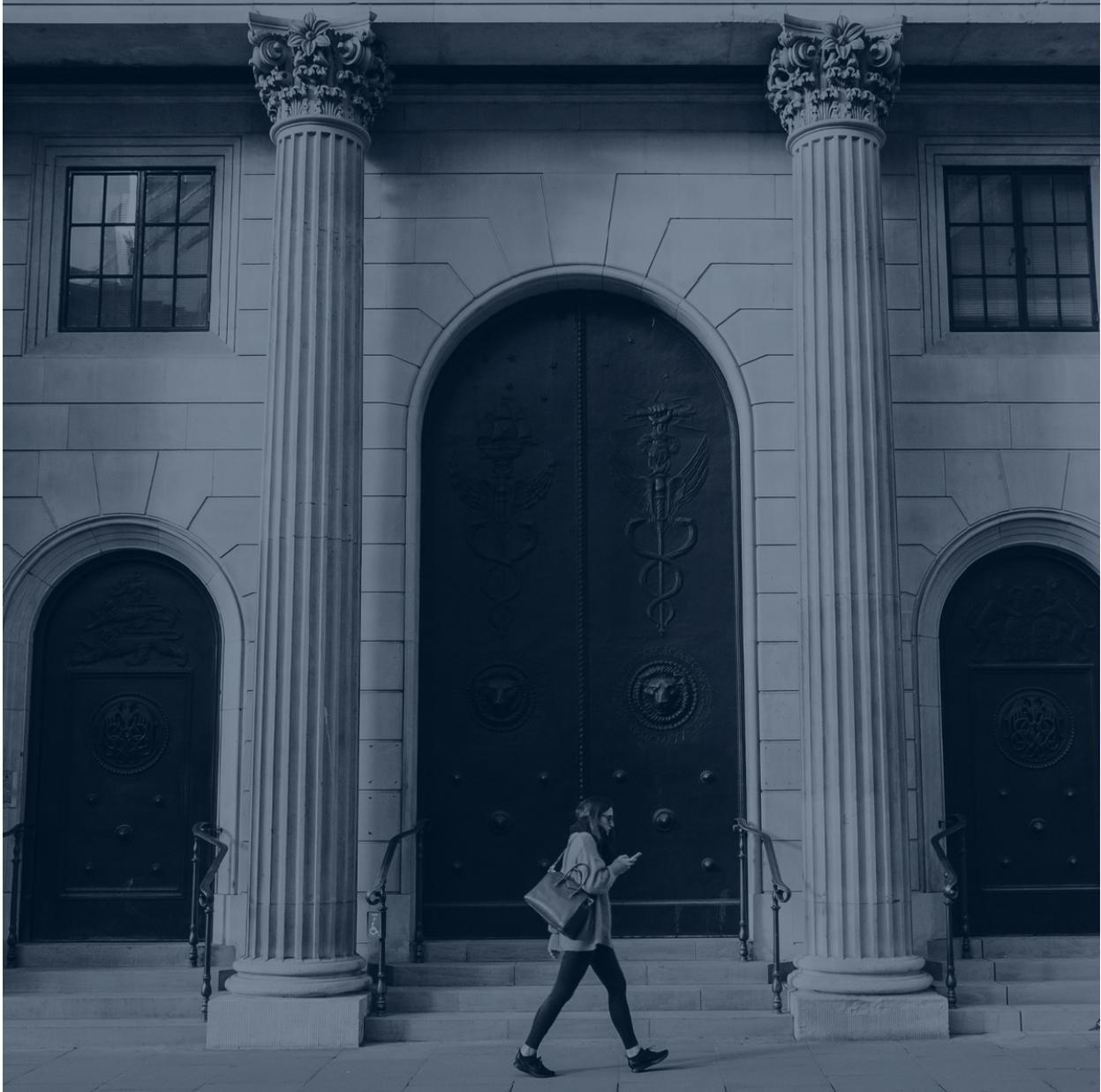
We don't need to wait until we reach some sort of milestone to make this happen. We can inject activities that bring joy and contentment into our lives. This will set off a virtuous cycle that will help you design a better life today and long term.

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Jessica is a full-time human being and a part-time lifestyle design coach and writer at the award-winning blog, [The Fioneers](#), where you can find this article and much more. Jessica's goal is to build a life she doesn't want to retire from and help others do the same through her writing, courses, and group coaching programs. Jessica has been featured in MarketWatch, Business Insider, The Motley Fool, and Forbes. When not writing and coaching, you can find her perfecting her sourdough pizza recipe, road-tripping in her campervan with her husband and dog, and playing complex, cooperative board games.

The Survival Instinct of Money

—By Lawrence Yeo



Money often evokes fear because it triggers our sense of survival. Since it's correlated with the ability to put food in our stomachs and to keep a roof over our heads, the lack of it will feel like our very lives are in jeopardy.

But most likely, this isn't the shade of survival you feel threatened by. You feel secure about where your next meal will come from, and find comfort in knowing that you'll have a place to stay tonight. In other words, survival as a form of biological upkeep isn't what worries you. Rather, it's the psychological projections of survival that may keep you on edge.

If your basic necessities are covered, how is it that money can still trigger a survival instinct that is indistinguishable from that biological fear? Why is it that having enough money doesn't just alleviate this fear, but often has the opposite effect of strengthening it?

There are many angles I can take to address these questions, but I'll keep it to just two things:

1. Our attachment to preservation

2. Our tendency to use growth as a proxy for survival.

Let's start with #1.

The tricky thing about survival lies in its subjectivity. The anxiety that results from a middle-class salaryman losing his job could be biologically indistinguishable from a billionaire having to write off a valuable investment. The scales of wealth appear to hold no weight when it comes to the triggering of one's survival instinct.

That's why I rarely view our relationship with money through the lens of statistics or mathematics. A number – no matter how small or large – is something we familiarize ourselves with over time. What seems to evade acclimation, however, is the power of the story we tell ourselves about what that number enables us to do.

And when it comes to money, the narrative that drives us is one of **preserving** what we already have.

It's well-known that we are far more impacted by loss than gain, but I'm still surprised at just how wide that emotional gap is. Someone who wins a million dollars will be ecstatic and quickly acclimate to it, whereas someone who loses a million dollars will be troubled and proceed to never forget about it. This asymmetry highlights the fact that survival is less of an accumulation game, and more of a preservation one.

Life familiarizes us with its contents, and anything that threatens this familiarity kicks in the survival instinct. And herein lies the conundrum: **The more money you have, the more you have to**

preserve. And the more you have to preserve, the more fear that surrounds its potential loss.

If you are attached to a certain lifestyle, the primary role of money is to ensure that you don't lose it. This keeps you anchored to whatever identity you embody to ensure the regular influx of money, be it your current job or career. Even if you dislike it, you'll feel like there's no choice but to carry on because any change may threaten your ability to keep what you have. And it is this adherence to identity that can lead to an existential crisis when you begin to wonder if all this preservation was important in the first place.

The other thing to address is our tendency to use growth as a proxy for survival.

There is nothing more empowering than a belief in progress. The reason why annual reviews are so popular is that they allow us to take inventory of our past accomplishments and failures, and to use them as lessons to drive a fruitful future. We want to feel like every subsequent year is an improvement over the last, and want this trend to continue forward until existence draws to an inevitable close.

However, we often use growth as a barometer for how we gauge our **self-worth**, and this is particularly pertinent with money.

Due to its ubiquity, money is tied in with so many things that are independent of the goods and services it could buy. It acts as a signal for one's reputation, one's social status, and the commanding of one's respect. It not only shifts the social dynamics we share with others, but it can also shift the perceptions we have of ourselves.

In our minds, if growth implies progress, then stagnation implies reversion. And since reversion is a form of loss, that can trigger the same survival instinct we talked about in our earlier point. In a culture where growth is hailed as the universal symbol of success, any trend telling a different story can make you feel like a failure.

And it's that word – *failure* – that is perhaps most tied in with one's emotional survival needs.

The avoidance of failure is just as powerful as our will to preserve. That's because failure is deeply connected with our sense of self, and how we believe others also perceive that self. And since money is measurable and trackable, it's easy to use it as a proxy for whether you're growing or stagnating. But of course, the mistake we often make is to associate it with individual progress as a whole.

The survival instinct of money is largely a projection of your current attachments and is used to signify growth or reversion. If you can't imagine a life other than what you have now, then any

change in your fiscal situation will introduce a storm of anxiety. And similarly, if you're addicted to growth, then the measurability of money will ensure that a negative trajectory will introduce feelings of failure.

The key to equanimity is to reframe your sense of survival to a more objective viewpoint. By making a career change, you won't be penniless. By missing out on the latest speculative fad, you're not going to be frowned upon (at least by those who matter).

If you can regularly decouple psychological angst from the reality of your biological safety, then that will go a long way in managing the survival instinct of money.

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Lawrence Yeo is a writer, illustrator, and storyteller. Life as a human is a weird experience, but one that he's grateful to be a part of. And when you have a sense of gratitude for the peculiar, you get a little something called curiosity. This curiosity is the thread that weaves through his website, [More To That](#), where you will find this article and more of his illustrated posts. His goal is to take everything he's learned about the human condition, and condense it into a format that is clear, digestible, and memorable.

Minimizing Career Stress

—By Cheryl Smith



During my career in banking, my employer required each employee to take a Predictive Index test. The test consisted of a singular piece of paper with an identical list of 100 adjectives on each side. On one side, we were to put a checkmark beside each adjective that described who we truly were as a person—the words that defined what came naturally and effortlessly to our real self and personality.

On the flip side, we were to put a checkmark beside each adjective that described who our employer expected us to be. The answers were plugged into a computer program that generated a report, and the goal was to measure just how far we were having to stretch ourselves to fit into the role required to efficiently and adequately do our job.

It was amazing how revealing and accurate the results proved to be, and how they explained why some employees were struggling. For example, if an employee was in a position of branch manager, yet they possessed no natural ability to lead and were unable to enforce rules or administer discipline, it was concluded that the chasm between what was being expected of the employee and what they were naturally able to muster was too wide.

It wasn't that the individual was inferior to anyone else or that they did not possess the natural ability and propensity to contribute something meaningful. They were simply being asked to stretch too far outside their comfort zone and would be best suited to a

different position within the bank. Reassigning such a person was not an insult. It was a good decision—not only for the bank but more importantly for the well-being of the employee.

The only outcome to the pursuit of trying to wriggle your true self into someone else's conflicting expectations is complete frustration. All of us possess God-given, natural gifts, talents, and abilities, and we best thrive when we identify them and pour our energy into doing things that allow them to flow effortlessly and without hindrance.

In only a few steps, we can not only assess the wisdom of our career choice, but we can make necessary adjustments to minimize the stress of continuing in the wrong one.

Take Time to Self-Reflect

Set an appointment with yourself. Guard it with as much care and consideration as you would a doctor's appointment or a meeting with another person. Go to a quiet, uninterrupted space and ask yourself these questions. How do I feel on my commute home from work? Am I happy? Do I feel fulfilled? Does what I am doing feel as if it matters? Am I making a positive difference? Am I in a rut? Do I feel frustrated? Is my creativity being fully tapped into? Be honest with yourself and don't rush. Take time to listen to what your heart has to say.

Accept the Truth

If your answers to the above questions leave you feeling a sense of satisfaction and peace, stay the course. You are obviously where you are supposed to be. If you find that you aren't content with your answers, open your mind to the possibility that it may be time for a change. If you identify that what is being expected of you at work is more than you are able to give without a great deal of stress, try to imagine how much better your life could be if the weight of that burden were removed.

Give Yourself Grace

There is no shame in acknowledging and owning that you have chosen the wrong path. The shame would come in continuing on it once you realize it isn't for you. Just because you spent years, money, and energy in attaining a degree in a particular field does not mean you are trapped in a career you loathe. The truth is, sometimes we don't know what we are best at until we are in the trenches actually doing what we have trained for.

As a teenager, I used to read Cherry Ames books and fantasize about becoming a nurse. That is until a patient passed away during my shift working as a nurse's aide, and I realized I wasn't capable of the emotional detachment required of medical professionals. In my case, I was blessed to have discovered that I was not the

fictional character Cherry Ames before misdirecting years and money in pursuit of becoming a nurse.

Sadly, this isn't always the case, and guilt holds us prisoner as we think the only choice we have is to stay in a life of misery to justify sunk cost and time invested. The only thing you can do about spilled milk is to start cleaning it up. It does no good to cry over it or rue that it happened. If you could go back and do things over, you would. Since you can't, forgive yourself for past mistakes, start with a clean slate, and make changes based on what you wish you had done in the past. Start now and move forward without a backward glance.

Identify the Real You and the Right Fit

If you have concluded that you need to change direction, ask yourself these questions. What are you good at? What comes naturally to you? What, after doing, leaves you with the deepest sense of fulfillment? What type of career path would allow and enable you to do those things?

Be Proactive

Begin searching and researching with a mind that is open and willing to think out of the box. To avoid making another wrong turn, if finances allow, consider taking an entry-level position in a

field of interest to give yourself a tryout before pursuing educational requirements and options.

A boss once told me that the only thing consistent in life is change. Thankfully, in the case of discovering you are on the wrong career path, this can be a good thing.

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Cheryl Smith is the author of the books Biblical Minimalism and Homespun Devotions: Volume One. She loves to spend time with her husband and son in the mountains, sing and play bluegrass.

From Fast to Faster, Surplus to Scarcity and Omnipotence to Impotence

—By Kerim Derhalli



On February 24, the day that Russia invaded Ukraine, there were early warning signs of an acceleration in inflation and increased volatility in the currency, commodity, crypto and equity markets. In the three months since then, U.S. CPI inflation has risen from 7.9% in February to 8.3% in April; the US dollar has moved up 5.4%; the price of oil has gone up by 28%; Bitcoin has fallen by 21% and the S&P 500 index has fallen by 6.5%.

As we look at the world today, three things become obvious: 1) Change is happening even faster than before; 2) We have gone from a world of surplus to a world of scarcity; and 3) Central Banks have lost their omnipotence and have become, as the Governor of the Bank of England recently admitted, virtually impotent in the face of higher inflation.

1. From Fast to Faster

Over the past thirty years, the Information Revolution has been responsible for the digital spread of information that has transformed the way our society functions and created two powerful forces that account for much of what is happening in the world today: the empowerment of individuals and the fragmentation of historic power structures. The Information Revolution in the Western world dates back hundreds of years to the invention of the movable-type printing press in the 1440s. Five hundred and nineteen years later the public internet began a digital transformation that has witnessed the growth of social

media, the sharing economy, blockchain and now Web 3.0. That already rapid pace of change has accelerated with Covid, which sped up the process of digitalization and fundamentally altered the way we live. In conjunction, politicians and governments used Covid as an excuse to try to regain some of the power they had lost as a result of the fragmentation of information.

Russia's invasion of Ukraine then created a huge economic shock. Few realized just how dependent the world is on food supplies from Ukraine and how addicted Europe is to Russian energy. Leaving aside the human tragedy of the conflict, Russia's misadventure is bound to fail as it goes against the trend of history and the fragmentation of anachronistic power structures. The only Russian success of the whole campaign might be the unintended consequence of disrupting global food and energy supply chains and exporting inflation to the West.

2. From Surplus to Scarcity

For the last forty years, inflation and rates were trending lower and capital was becoming available all around the world. As the world opened up and became more global, businesses moved from being vertically integrated to becoming federations of global supply chains exploiting labor and material price arbitrages to deliver consumer goods at ever reducing prices. As productivity rose and inflation fell, central bankers duly responded with lower interest rates. When the world almost fell apart in 2008, central

bankers drove interest rates to zero by pumping excessive amounts of money into the system. That money stayed for the most part in the pockets of financiers, inflated financial asset prices and increased wealth divides.

Policy changed as a result of the Covid crisis. Rather than putting free money into the pockets of already wealthy bankers, governments placed cash into the hands of ordinary citizens. It is estimated today that there is an excess of \$4 trillion in retail deposit and savings accounts in the US. This excess cash has had two effects: 1) Increased demand for goods and services in the US creating strong economic growth 2) The great resignation as people flush with cash seem reluctant to rejoin the labor market. Both of these effects helped to drive up inflation in the U.S. to 7.0% in December 2021.

Then the war in Ukraine hit and food and energy prices went through the roof, resulting in what appeared to be a temporary spike in inflation becoming more entrenched. As a result, companies are re-investing in vertically integrated supply chains at home, favoring security of supply over lower costs. The consequence is a reversal of the disinflationary benefits of globalization. It did not help that China also decided to lock down large parts of its economy, further exacerbating the supply shortages.

3. From Omnipotence to Impotence

The success of Paul Volker's anti-inflationary policies in the late 1970s and early 1980s led to the gradual dominance of monetary policy over fiscal policy. At every financial crisis, central bankers were called upon to provide the liquidity that kept the system afloat. The massive injections of liquidity that accompanied the 2008/9 crisis were dwarfed by the funds provided during Covid. Driven by this excess liquidity, financial asset valuations reached absurd levels. Investment in the real economy was simultaneously discouraged by negative real interest rates and as companies borrowed cheap money to buy back their own stocks and those of their competitors.

The excesses of the past are now coming home to roost. Faced with spiraling inflation, central banks now need to respond to help avert a cost of living crisis and social unrest. However, no amount of monetary policy can stop the war in Ukraine, increase food supplies or encourage people to start working again. Central banks are relatively impotent in the face of supply side shocks. So, the war against inflation will not be as easy or painless as printing more money. Financial asset prices are likely to suffer further as people learn to sell the rally rather than buy the dip. And sadly, plenty of innocent investors will get injured.

For older investors, caution will be the name of the game. For those earlier in their investing journeys, cheaper financial prices

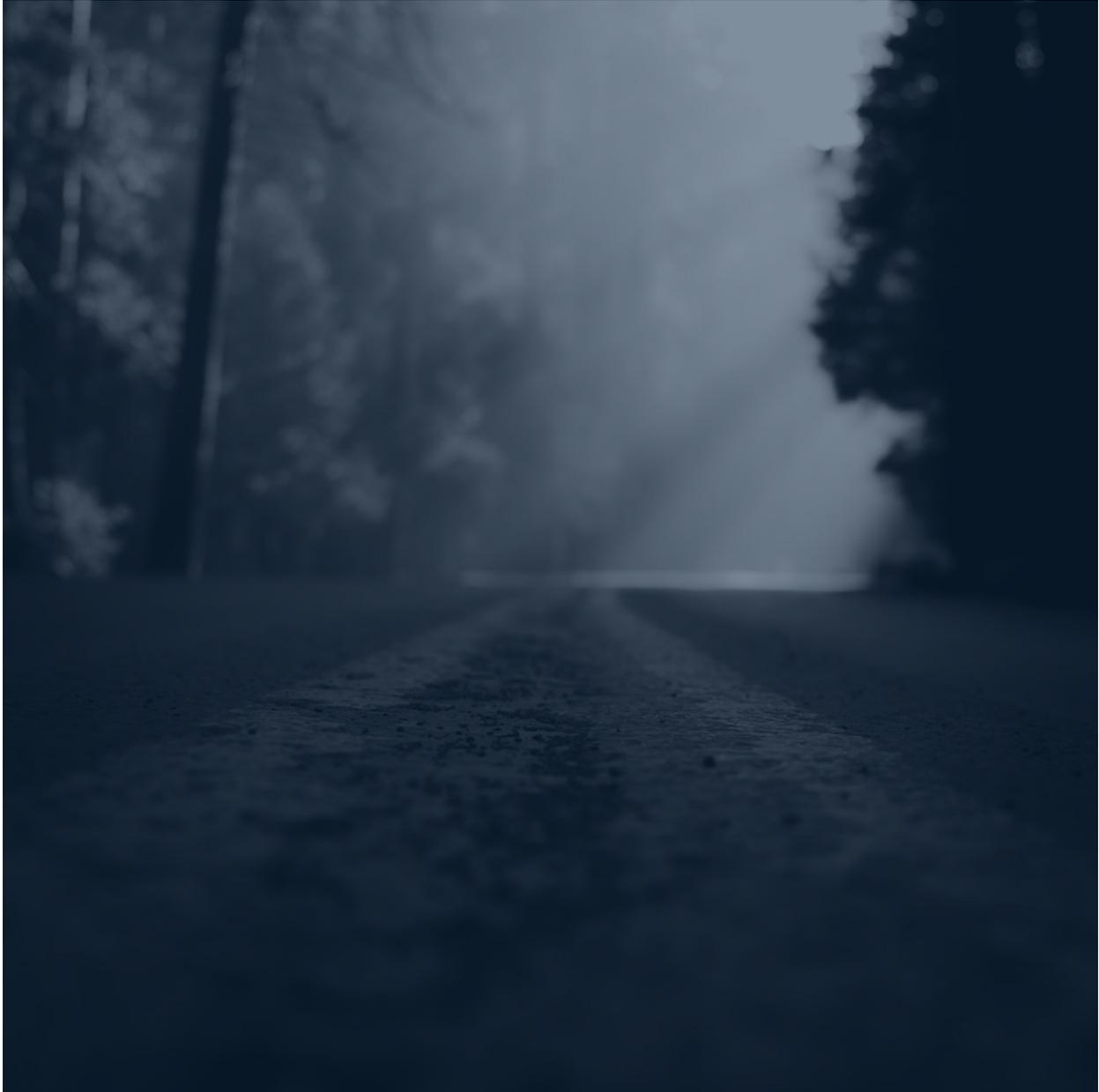
offer an opportunity to build portfolios gradually over time and to learn that true investing is a marathon and not a sprint.

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Kerim Derhalli is the Founder and CEO of Invstr, the leading financial education and investment app. Kerim has more than 30 years 'experience with leading financial institutions around the world, having held senior roles at Deutsche Bank and JP Morgan.

The Wondering Path to a Dream Job

—By Lisa Cue



A popular quote these days is “Not all who wander are lost.” To me, this is strange because if you’re wandering, you can’t be lost. You have to have a destination in order to be lost and if you’re wandering, your destination is wherever you are. Why are we biased into thinking anyone who is wandering could be lost?

Instead, we could assume a person on a well-worn path doesn’t know where they’re going – that’s why they are following someone else’s footsteps. One time I followed a trail of litter and it was strenuous and terrible. Just because other people had clearly taken this path before didn’t mean that it was a good path. Meanwhile, when I made my own path on that trail- as I eventually had to do – I finally found what I was looking for. And bonus, there was less litter.

Many of my friends took the well-worn pipeline of prestigious schooling to prestigious job. Now a decade later they are at a loss about where to go. Many paths are blocked so there is no clear path left. Other friends took meandering paths and are now hitting their strides. It makes me wonder whether we are wrong about assuming the direct paved path is the right one. The wandering path may lead you to a dream job, whereas the preset path may just lead you to nowhere.

What You Need for a Dream Job

Those who have reached their dream jobs realize that it's different than what they expected. And those who didn't reach their dream jobs may nonetheless have found success in a job nothing like their dream job. That's why it can be a losing path to aim for that dream job. But that doesn't mean that good and satisfying jobs don't have things in common. Here are some tried and true things to look for, just so we know what we're aiming at. We might not be aiming at a specific career but it doesn't mean we don't have things we are looking for.

You must provide value.

This seems obvious because what kind of employer wants an employee that doesn't provide value? But it's also true that if you're not producing something of value, you will feel useless. I remember we had a year when my whole law firm was slow. It was the most miserable year of my career – even more miserable than when I quit. Even though I was getting paid the same salary to sit on my butt, it felt like I had no purpose and it made me anxious. You will be happiest in your job if you provide some value to the mission of the job regularly. You will be happiest when you are needed and growing.

Find areas where you can have autonomy.

The problem with law is that there is very little autonomy. The more money, the more senior your position – it doesn't make it better. That's true of many of our most valued jobs because we have such a hustle culture. But you want some independence, some mastery, some control.

Find good community and a place that fits your values.

Men often tell me that they would have been EXCELLENT lawyers. It would be so refreshing if they assumed they would be average attorneys, because that's much more likely to be true.

It doesn't mean that you can't aspire to be the best, but the likelihood is that you'll be average. You'll have an average career, be average happy. If you find a career where the average person is happy, you'll likely be happy too and, part of the reason for that, is you'll be surrounded by generally happy people. Even if you're a happy person, if you're constantly surrounded by people who are unhappy, it'll be hard to maintain your own happiness.

Look for something that is serving people.

People are happier when they're helping others. This doesn't mean that you should serve others at the expense of yourself. You

should get paid and be treated well. But you have to connect what you're doing to a greater purpose to really find it to be a calling.

Think about the worst parts of the job more often than the best.

People often tell me they would like to become lawyers because they love to argue but they don't love documentation or deadlines. It reminds me of a story about a musician who attributed the length of his career to his love for practice and touring. He said the musicians who flamed out were interested in the fame and money.

Why the Direct Path to a Dream Job Might be a Loser

It's not surprising that so many people hate their jobs. Currently, we make 18-year olds bet their life savings on 40-year careers. Further, we often judge educational success by the starting salary. So what could go wrong with basing your life's work on a career with the highest starting salary at 22? So many things.

We don't know how jobs will change.

If you had told people twenty years ago (or today) that people could make good money recording short dance videos on an app, they'd have thought you were daft. We didn't even know how the jobs of today would change. People twenty years ago also would not have expected that white-collar workers would be regularly

working 70 hours a week without a clear distinction between work and home life. This might be fine if you loved what you're doing, but if you don't, this can be too much to bear.

Many pre-prepared jobs are miserable.

Isn't it weird how so many coveted jobs have obvious tradeoffs? We know investment bankers make a lot of money but we don't think the job is fun or fulfilling. We know medical doctors go into a lot of debt, residency is grueling, and burnout is common. Most other people I know in white collar jobs work extremely long hours and aren't particularly happy. And yet other people are putting in hundreds of hours and thousands of dollars to obtain one of these jobs. Maybe it makes sense to try something else when the path is difficult and the reward is middling.

Picking a pre-prepared career path means you are interchangeable.

The problem with many law jobs is that most lawyers have similar resumes. Many lawyers go into law school with little work history, then work at a firm, then try to escape by going in-house at a company. About 35,000 people graduate from law school each year and there are only 113,000 general counsel jobs total in the country. Further, when you have a general counsel position, you are likely staying there for awhile. So what I've seen is that my

friend who is a partner in a law firm has applied to hundreds of general counsel positions without a bite.

The problem with setting a clear destination is that other people can set that clear destination too. Then you're all chasing that same brass ring. You have direct competition for everything that you do and you realize that employers have no reason to see you as any different from the hundreds of other applicants.

You will love something more if it's yours.

The Endowment Effect describes the odd truth that people tend to value the things that belong to them over things they don't own. If you create a job that is tailored more to your skills, you will value it more. But most of the time people are just sorted into pre-prepared jobs. These aren't jobs they created and they aren't jobs created for them. People know they are interchangeable, which makes them dislike their jobs more. But if your job is unique, you might like it more because by being in that unique job, it makes you feel special. It makes it feel like you are valued for your uniqueness.

You don't need to figure out your career end point right now.

This leaves the possibility of creating a job. If you take a meandering path, when you eventually apply for a job, you have a much more interesting resume with tons of unique experiences to

weave a rich story and plenty of disparate connections. Plus you'll just have a much wider idea of what job you could have or what you could be, and that expansive sense of self is well worth the wandering.

So how does one go about wandering to a dream job?

There are actually rules to wandering! Or at least things to keep in mind as people try to pull you back to the beaten path.

Prepare for the pushback.

It's really difficult to wander. There's extreme social pressure to stay on the beaten path. What you need to realize is that the pushback now will save you some trouble in the future when you look back and wonder, why did I blindly follow everyone else? So no, you can't tell your immigrant parents that this will be the key to even more riches and fame – because you have no idea. But you can promise your parents you won't ask for money.

Don't get sidetracked by the money.

There's a great quote by B.J. Novak of *The Office* fame: "Any time I'm telling myself, 'But I'm making so much money,' That's a warning sign that I'm doing the wrong thing."

As he says, “money can always be regenerated. Time and reputation cannot.” It’s something I think about often when the allure of money releases its siren call. Chasing money sounds like a good idea at first, but it can trap you into a life you don’t want, costing you much more in the end.

Allow yourself to be passionate.

A lot of people will say that it’s unnecessary to care about your work. And sure, nothing is necessary. You don’t have to love your spouse either but it would be a whole lot better if you loved your spouse and your work because if you loved your spouse and your work, where you spend the vast majority of your time, you’d probably love your life because that’s your whole life right there. So yeah you don’t have to love your life, but why wouldn’t you try?

We talk a lot about following one’s passion, and there are people pro and against that idea. But it really doesn’t make sense not to follow something interesting in your career path. It doesn’t mean that if you love movies, that you will or should be an actress – but maybe you’ll work in Hollywood in production, law, music, etc. If you’re going to be an administrative assistant, you can be an assistant in the location you want, the industry you like – so why not pick one you love? Maybe it’ll go somewhere and maybe it won’t. But there’s no point in not trying to get something awesome.

You can be in the right career and the wrong job.

Most people who hate their jobs, gripe about coworkers, bad bosses, company culture, working conditions, and pay. You can switch jobs and change nearly all of those things. So don't confuse terrible jobs with a terrible career.

Of course, certain careers spell out certain types of jobs. If you work in hospitality, you're going to have to work weekends. If you work in law, you'll have to do a lot of reading. If you hate these basic things, then yeah, this is the wrong career. But be very expansive in your idea of a career before you quit it just because you have a bad job.

Pick jobs where you will learn.

You can't know if you're going to love a job. See above about the reasons you might hate this perfect job you interviewed for.

I once enrolled in the most advanced free piano course in my college. It was so boring, I left after one class. It's not enough to get a gold star or lord it over your people. You will stagnate if you put your bar so low.

Conclusion

If you take a direct path, obviously you get there faster, but you choose that end point in the beginning before you have any idea what it's like. We often pick endpoints that are difficult and mysterious and when we get there, we are disappointed.

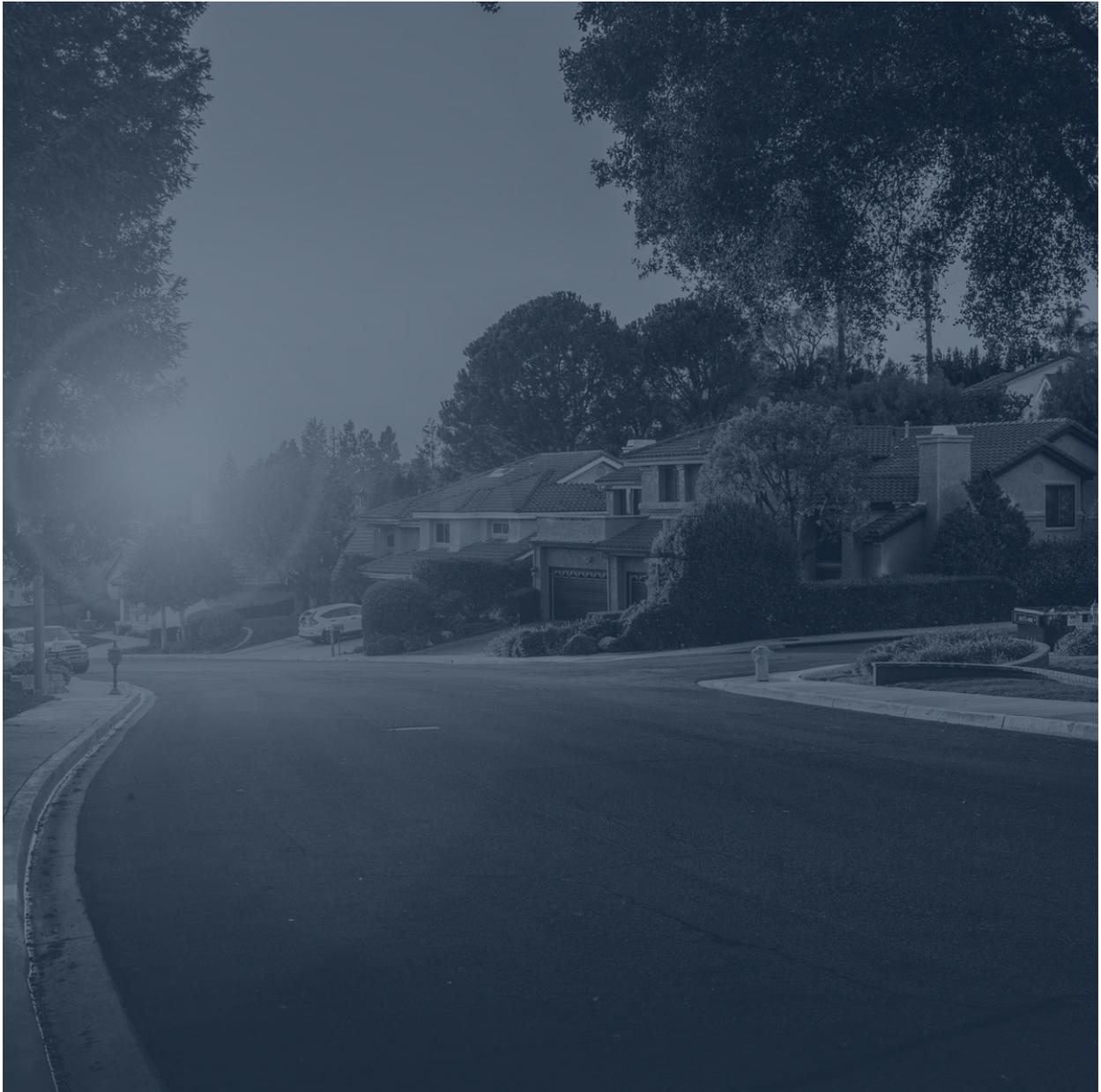
It seems like I took a pretty well-worn path to law. But I don't regret the stops I made along the way. After I graduated from college, I quit the job I had lined up to teach for a year in China. Then after 7 years of working at a firm, I quit to take a sabbatical. Neither of these instances have really panned out in terms of money, necessarily, but for me, it panned out because I have less regret. I took the chances when they came, and I found that a legal career was still waiting at the end of it. What I would like to encourage is flexibility in the journey. The things we think are ephemeral (a stable job) can be found later but the adventure, the passion, the possibility – sometimes we lose that if we wait too long.

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Lisa Cue's writing can be found at [A Lawyer And Her Money](#), where she works to help women lawyers know that they can be their own financial saviors. She worked for seven years as a litigator in a law firm in Washington, D.C. Then took a two-year career break and is now working as an attorney for the federal government. She still only owns one black suit.

Sandwich Generation Stress: Unique Challenges and How to Manage Them

—By Amy Beardsley



Middle-aged adults caring for their minor children and aging parents face more sandwich generation stress than ever before. As a result, family caregiving responsibilities consume more time than ever before.

If you're drowning in professional and home-life obligations, you're not alone. One in seven adults between the ages of 40 and 59 care for children and an older generation simultaneously, according to the [Pew Research Center](#).

Managing sandwich generation stress can seem overwhelming and unending — but it can be manageable. Keep reading to learn ways to reduce sandwich generation stress and find more downtime.

What is the Sandwich Generation?

The sandwich generation is a social phenomenon of "sandwiched" adults with the double duty of caring for their children and aging parents. It is not a specific generation based on birth years like the Baby Boomers or Millennials.

Sandwich generation caregivers face unique stresses and challenges and enjoy stronger multi-generational bonds.

Sandwich Generation Stress

People often underestimate sandwich generation stress if they have not experienced it. Middle-aged Americans must worry about inflation, income, and health care between caring for themselves, their children, and their parents or older family members.

The sandwich generation faces many trials like financial stress, time stress, emotional stress, and physical stress.

Financial Stress

Financial stress can happen when bills equal or outweigh income.

Many in the sandwich generation have stress surrounding the cost of child care, taking time off to care for older family members, and paying medical bills. Further, you have to juggle several income sources like your salary and your parent's Social Security payments.

Then, unexpected financial circumstances can complicate the situation, such as a pandemic, inflation, job loss, and constantly rising health care costs.

“My income took a big hit in 2020 when I couldn't work nearly as much while my kids were doing online school,” shared Cameron Huddleston (age 48) from Kentucky.

"I'm a freelancer, so I only get paid for the articles I write. Because I was writing less, my income was more than 30% lower in 2020. And I didn't work the entire month of January 2021 while caring for my mom and coping with her death."

Time Stress

With more responsibilities comes more demands for your time, such as working, commuting, managing the household, caring for children, caring for parents, attending doctor's appointments, and grocery shopping.

Since the hours in a day are limited to 24, most people sacrifice sleep to get everything done. Unfortunately, sleep deprivation accumulates and affects your mind and body in a short time.

Emotional Stress

It can be emotionally exhausting when you are responsible for doing everything yourself. Maybe you are watching your parents decline, and your children face challenges in school or mental health, all while trying to navigate unexpected financial obstacles.

"My mom has been dealing with a medical condition that has left her severely immunocompromised," shared Chris Mamula (age 45) from Utah. "I've always been a very optimistic and happy person

up until the last couple of years. Since then, I've struggled with bouts of depression and near-constant anxiety.”

Chris' situation is very normal as many sandwich generation members experience depression and anxiety. Emotional stress can become unbearable if faced with a family member's death, divorce, or job loss.

Emotional stress can lead to physical stress and, in some cases, physical disease.

Physical Stress

All types of stress pile on your body like an anchor and cause physiological reactions like high blood pressure. If you ignore the health and wellness of your mind and body, it can lead to many illnesses like:

- Heart disease and high blood pressure
- Type 2 diabetes
- Stroke
- Obesity
- Diseases associated with smoking, alcohol, and drug abuse

If unaddressed, illnesses related to physical stress can land caretakers in the hospital themselves.

How to Manage Sandwich Generation Stress

Managing sandwich generation stress is essential to continue doing what you do. While caring for others, it is critical that you also care for yourself.

Address Financial Stress Head-On

The best way to address your financial stress is to employ financial management.

Firstly is a personal finance resource that helps you manage your family's cash flow. The app is designed to help the sandwich generation manage the entire family's budget — from parents' accounts to teaching kids about financial responsibility.

You can view your entire family's bank, credit, and investment accounts in one place. Then, you can budget for bills across all generations, set family goals like for college, retirement, or senior care, and grow your savings.

Work from Home

Since financial stress is one of the most significant pain points of multi-generational stress, finding new sources of income will significantly improve the quality of life.

Additionally, many sandwich generation individuals find their home responsibilities force them to stop working a full-time job away from the house. But working from home is an excellent option to earn an income.

There are hundreds of ways to earn money from home, many requiring no experience or degree. If you need some new ideas on how to turn a few hours of downtime into cash, check out our comprehensive list of [work from home side hustles](#).

Journaling and Talk Therapy

Starting a journal or talk therapy is a great way to sort through your thoughts and feelings about this challenging time.

Journals let you put your feelings, thoughts, and dreams on paper as a therapeutic release. Writing a journal allows you to track progress, achieve goals, find inspiration, or strengthen your memory.

Some find the process of writing a blog to be cathartic as well. “The best way I deal with stress is by writing up my thoughts,” shared Sam from Financial Samurai (age 44) from California. “Dealing with stress is the main reason why I finally started Financial Samurai in 2009 during the financial crisis. Writing is one of the best stress relievers and it’s free!”

Likewise, talk therapy helps you address your feelings and provide solutions.

For example, suppose your therapist determines you’re suffering from treatable depression. They can prescribe strategies or medication to help you get through this difficult time.

Also, therapists can help you address situations where you have felt emotionally trapped by others — such as at family dinners.

Suppose Thanksgiving gives you anxiety because a family member always tries to control the schedule. Your therapist can help you set boundaries and prepare responses that make you feel empowered when you face that situation again.

Journaling and therapy can also help you prepare for money talks with your parents to address everyone’s concerns.

Exercise or Meditation

Get out into nature, go to the gym, take a walk and get some exercise.

An elevated heart rate from exercise can release endorphins that improve your mood. Moving your body also prevents weight gain, manages your blood sugar, reduces blood pressure, and improves sleep.

Likewise, meditation focuses on breathing to take you away from your worries at the moment. It can also reduce negative feelings and have lasting effects after the session.

"I've dealt with this stress in a variety of ways," explained Chris Mamula. "One has been working with a professional counselor. Others have been making time to stay active physically, focusing on continuing my outdoor activities and developing a yoga practice."

Hobbies and Spending Time with Friends

Take a break from the stressors of home and work and do something fun that takes your mind off your worries. Maybe you need a date night for the two of you.

You can also dive into hobbies and spend time with friends. It's a great way to escape from your responsibilities for a while and provide some much-needed self-care.

"I have had the support of a few close friends, who've been willing to listen to me vent from time to time," explained Cameron Huddleston. "And now that the kids are back in school, I've been able to make time to walk 30 minutes most days."

Meal Planning or Ordering Meal Service

Cross off daily "to-dos" by meal prepping one day a week, so you don't have to worry about it for the remaining days.

There are many ways to start meal prepping. Depending on your preference, you can prepare "dump and cook" frozen packs with raw ingredients that go into a slow cooker or prepare fully cooked meals in fridge containers.

On the other hand, you may prefer to order a subscription meal delivery service. It removes grocery shopping that can take up your time. Selecting and ordering meals directly to your door only takes a few minutes.

"I went to visit my parents in December and set them up with Uber and Uber Eats so they will always have transportation and never starve," explained Sam from Financial Samurai. "As frugal people,

it's been hard for them to order food delivery. But it's under my account, and they are slowly coming around! I feel very relieved."

If you'd rather not do much cooking, some meal prep services provide ingredients beginners can make in less than 30 minutes. Others bring fully-cooked balanced meals that you reheat in the microwave.

Ask for Help

There are many resources for parents and older caretakers to relieve some of your responsibilities. Start by asking friends or family for help with tasks like looking after the kids or seniors, cooking, home repair, or running errands if they offer it.

Also, you can hire help like home cleaners, babysitters, tutors, and at-home aids for seniors. Ask friends or neighbors to carpool your children if they do the same activities together.

Your elderly family members may qualify for services like Meals on Wheels. Check with local government agencies and hospitals for community resources to help you manage your responsibilities.

Get Some Sleep

Sleep is the way our bodies repair themselves. Getting enough sleep each night directly affects your performance the following day.

The benefits of sufficient sleep include improving your mood, cardiac strength, memory, immune system, and preventing weight gain.

Most importantly, studies show that your chances of having a car accident double when you drive on fewer hours of sleep. You cannot help your family if the crash puts you in the hospital or is fatal.

Final Thoughts on Sandwich Generation Stress

Although sandwich generation stress can take a toll, the rewards of caring for your loved ones can be worthwhile.

Many sandwich generation members find they develop stronger or even new bonds with their elder family members when they become caretakers. Adult children get to know their parents better as people and not just parents, so they learn more about their lives, dreams, and values.

“Having to balance how to be a parent and a caregiver for your parents is a lot to digest,” shared Justin (age 37) from Chicago. “Considering our parents did the same for their parents (our grandparents), we have some perspective and can be a lot more open around care.”

Regardless of the types of stress you face as a sandwich generation individual, you must find ways to manage those stressors. Ignoring your stress can lead to physical diseases or mental illness and put you in a situation requiring a caretaker of your own.

Fortunately, addressing financial stress is one area you can address immediately. Start getting your financial stress under control by setting up the Firstly app. You can have your family's finances organized in minutes.

As you navigate sandwich generation years, take time to appreciate the new perspective on life, and know it will not last forever. As the saying goes with most all stressful events in life, including sandwich generation stress, “this too shall pass”.

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Amy Beardsley is a freelance writer and personal finance expert. She specializes in credit reporting, FinTech, and probate and estate planning topics. Her work can be found at

marriagekidsandmoney.com and has been published on Robinhood, Lending Tree, Dollarsprout, Women Who Money, and Well Kept Wallet. She's also the founder of EarlyMorningMoney.com, a site dedicated to simplifying financial management and helping families win with money.

35 Money Affirmations To Transform Your Finances In 2022

—By Allison Baggerly



You've probably heard of positive affirmations. Well, I'd like to introduce you to money affirmations! Much like positive affirmations, they work to help change your overall mindset and evoke positive energy towards money.

How do you feel when you use a credit card? Or how about when you look at your bank account? If it's anything other than love and joy, we need to change that! While there's a lot that goes into changing your finances for the better, money affirmations are one of the best things we can do to improve our attitude and mood towards our finances.

What Are Money Affirmations?

It's true that you believe what you tell yourself. Money affirmations are simple statements reflecting finances that you can repeat to yourself. Through repetition, these affirmations slowly work to change your conscious and subconscious thoughts.

It may feel silly saying these statements, but you really will notice a difference. They've been medically proven to make a difference. Over time, you'll feel more confident and believe in your abilities to secure a strong financial future.

Don't expect these affirmations to work immediately! Essentially, you're reversing and replacing your negative thought process, and this takes time. But, a positive mindset creates positive change.

Here are some money affirmations you can use to get inspired.

Money Affirmations For Overcoming Debt

These affirmations work for those who are struggling to see a light at the end of the tunnel of debt. I personally know how difficult it can be to overcome debt, and it's nice to have a reminder that one day it will all be paid off.

1. I take back my money power.
2. My debt does not control me.
3. I set free all my negative emotions over money.
4. Financial freedom is not a fantasy. It will be my future.
5. I am in control of my money. Money doesn't control me.
6. I am not poor; I am on a path to a wealthier life.
7. Everyone is entitled to a prosperous life, including me.
8. I can stick to a budget and track my expenses.

Money Affirmations For Saving Money

Nothing gets me as excited as putting money into savings! Here are some affirmations for those who are working hard to put away money.

1. Every dollar I save puts me closer to my financial goals.
2. I enjoy the challenge of saving more money.
3. My positive attitude and energy attract more money.
4. I have fun managing and investing my money.
5. I genuinely love my work and enjoy making more money.
6. Money is my friend.
7. Money comes to me in unexpected and expected ways.
8. My abilities can bring in more money whenever I want to.

Money Affirmations For Change

Money can lead to a big change in the world, whether on an individual or global scale. Remind yourself of the power of money with these affirmations.

1. I am generous with my money.

2. I can be the breadwinner.
3. My money can create a better life.
4. I deserve to negotiate and have a higher salary.
5. The more time I focus on happiness, the more money I will make.
6. Money opens up opportunities in my life.
7. I have plenty of wealth beyond money.
8. My money can change the world.
9. I will be wealthy, happy, and healthy.
10. I control my financial life.

Money Affirmations For Wealth

Call this the money tree because you'll be feeling as rich as Jeff Bezos after reciting these wealth-inspiring money affirmations.

1. I can make unlimited money.
2. Every dollar I spend comes back to me doubled.

3. I can earn more money than I need safely.
4. Anyone deserves to be wealthy, including me.
5. My income has limitless potential.
6. I deserve to earn more money.
7. I have all the money I need to live happily and comfortably.
8. Today, no matter where I stand, I can focus on what I want.
9. I am what a wealthy person looks like.

How To Practice Money Affirmations

Now that you have your money affirmations selected, it's time to recite them. And yes, I did say *affirmations!* You can have multiple affirmations. Take as many that feel right to your situation and inspire some kind of emotional resonance.

Place your money affirmations somewhere you go often. This encourages you to recite and read them every day. A sticky note on the mirror, as your lock screen background on your phone, or even framed on the wall will all work well.

At the very least, you should be dedicating time to your affirmations at least once a day. The key is to practice them often

and consistently to feel their shift. You can say the words aloud or even try writing them in a journal. Journaling helps to clear your thoughts and get your emotions out, which helps in all facets of life!

You can also use your affirmations when you're feeling a certain way, such as overwhelmed, sad, or stressed. Over time, it will overturn those emotions.

Make Your Own Money Affirmations

These affirmations are meant to only be the inspiration for you to make your own. Creating your own money affirmation is much more powerful as it will directly reflect your goals and feelings.

To make your own, write out the statement in the present tense as if it has already happened. Only write from the first person (your point of view, I) so that you are the only focus here. The statement should always be positive and never negative. For instance, turn "I will not spend money on shoes" into "I will spend my money purposefully."

Keep your affirmations specific and simple. Incorporate words of feeling like joy, love, freedom, optimism, and more to make them full of positive energy.

If you're having a hard time coming up with positive statements, write down the negative feeling you have and just reverse it. Remember, it doesn't have to be fancy. As long as it speaks to you, the money affirmations will get to work!

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Allison Baggerly is a writer, podcaster, money coach, and founder of [Inspired Budget](#), where you will find this article and so much more. As a former teacher, Allison blends her talents for teaching with her passion for personal finances to help others learn how to start budgeting and build a life they love. Allison has been featured in Forbes, Business Insider, and Parents as a budget expert who gives women a step-by-step process to break free from the grueling paycheck to paycheck cycle.