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**Love Yourself RICH**

**Alumni Club**

With Jill Hope

**November 2022**

**LYR Alumni Club Training Call #5: Being a Good Steward of Your Money**

Being a good steward of money means:

* Being grateful for and honoring the money you have now through your words and your actions
* Creating strong boundaries that protect your money
  + Being aware of money leaks and plugging them
  + Knowing where you are leaving money on the table and putting processes in place to allow more to flow in
* Allowing your money circulate, not stagnate
* Knowing and tracking what money you have
* Creating solid ROI on the money you spend. Note: ROI doesn’t have to be financial/physical. It can also be emotional, spiritual, or vibrational.

**Love Yourself RICH means:**

Lining up your money behaviors with the idea of abundance and authenticity, not scarcity and conditioning.

It means spending and investing in alignment with your heart, vision, and purpose while not being wasteful. Believing in abundance does not mean let the water run when you don’t need to just because its there.

Wastefulness does not equal love.

**Love Yourself RICH does not mean:**

Spending foolishly, rebelliously, or out of fear nor does it mean spend frugally and hunting for deals. It also doesn’t mean being wasteful with your money.

**Activity #1: My Reflections on Being a Good Steward of My Money**

**Instructions**

**Step 1:** Take a moment to settle into yourself, into your center by taking a few slow, deep breaths. Then ask yourself “What would being a good steward of my money look like through the eyes of my SMA?”

**My thoughts**

**Step 2:** Next, notice where you are and where you aren’t currently being a good steward of your money.

**Where I AM Being a Good Steward of My Money**

**Where I am NOT Being a Good Steward of My Money**

**Tracking Your Money**

Many women in particular have resistance around looking at their money. This can be for a variety of reasons, from conditioning to having to face the reality of your financial situation, to having negative views of your money.

**How Does Tracking Money Create More Money?**

You know the old adage “What gets measured gets done”? or “What you focus on grows”?

If you want to grow plants in a garden -- you need to give them water every day

If you want to have a fulfilling relationship – you need to attention to them.

If you want to create a healthier, more fit body – you need to focus on what you put in it and how you move it.

**What you focus on grows, whether that focus is positive or negative.**

If you are avoiding paying attention to your money, or you are viewing what is there a negative, that is focusing negative attention on your money.

Disciplining yourself to track your money in a positive way grows your money and gives you opportunities to shift negative money beliefs.

It also firms up where you are with money, which is grounding.

**Remember: You need to know where you are starting from to get where you want to go.**

Let’s face it: You pay attention to what you care about – this is yet another way to love yourself RICH.

**Activity 2: Objections to Tracking Your Money**

**Instructions**

Take a moment to settle into yourself, into your center by taking a few slow, deep breaths. Then ask yourself “What comes up for me around the idea of tracking my money?”

**My Objections to Tracking My Money**

**What I can tell myself instead:**

**HOMEWORK: Track Your Money**

**Assignment 1:** Using the sheet on the next page, track all incoming money for the next 30 days. Even if you are putting a zero on the page for a particular day, you still want to update your tracking sheet.

**Assignment 2:** Keep a running list of the ways you are being a good steward of your money over the next 30 days

**How I’ve Been a Good Steward of My Money This Month**

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**Money Tracking Sheet**

My Empowering Money Mindset:

*"\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_"*

Month: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| 1st | **$** | 17th | **$** |
| 2nd | **$** | 18th | **$** |
| 3rd | **$** | 19th | **$** |
| 4th | **$** | 20th | **$** |
| 5th | **$** | 21st | **$** |
| 6th | **$** | 22nd | **$** |
| 7th | **$** | 23rd | **$** |
| 8th | **$** | 24th | **$** |
| 9th | **$** | 25th | **$** |
| 10th | **$** | 26th | **$** |
| 11th | **$** | 27th | **$** |
| 12th | **$** | 28th | **$** |
| 13th | **$** | 29th | **$** |
| 14th | **$** | 30th | **$** |
| 15th | **$** | 31st | **$** |
| 16th | **$** |  |  |

**Grand Total: $\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_.\_\_\_\_**

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