

WHAT IS YOUR MONEY STORY?

Your money story is either one of the stories below or a story from below with a few tendencies or characteristics from another.

How to use this guide:

- 1.) Look through the main points of the story and figure out what the title of your current money story is.
- 2.) Go to the page next to the title to learn more about your money story.
- 3.) Don't worry about what your money story is right now. You can change it!

SURVIVAL-page 2

- * You feel like a hamster on a wheel. No matter how hard you work, there still isn't enough money
- *You feel constant stress about money and everything else that you need to get a handle on
- *You are either running at 110% or crashed out

JUST ENOUGH-page 5

- *There is always just enough, no more
- *When you have extra, something comes up you have to spend it on
- *When an expense comes up, the money magically shows up

MONEY CHASER-page 8

- *You will pretty much do anything if you think it will make money
- *You've started multiple businesses or had hundreds of money making ideas that you started working on
- *You will spend money quickly to try and make money

MONEY HOT MESS-page 11

- *Money doesn't really stress you out (you're never worried about having it cause it finds you)
- *You don't feel like you have anything to show for all the money that has found it's way into your life over the years
- *You feel somewhat detached from money

Hold Tight-page 14

- *You'll do anything for a deal
- *You will drive across town to save money, no matter how much time or energy it takes
- *You feel like you might be missing out because you hold on too tight to your money

Survival

This story plays out exactly like the title dictates. If your money story is Survival, you feel like you are in constant survival mode. You may make a lot of money and still feel like it's never going to be enough because it doesn't matter how much there is, it's still not enough.

The three biggest ways to tell if Survival is your current money story...

- * You feel like a hamster on a wheel. No matter how hard you work, there still isn't enough money.
- *You feel constant stress about money and everything else that you need to get a handle on.
- *You are running at 110% or crashed out.

This story is very common with single moms and children of single moms. When this is your story you feel like you have to constantly work harder, although you are starting to realize that you're not getting anywhere by working harder. In fact, you might be at the point where you say to yourself, "I can't physically work any harder."

How this is showing up in your life...

PHYSICALLY

- *Tired a lot
- *Exhausted
- *You might go until you crash and then sleep for long, long periods

EXPERIENCES

- *Work hard all the time
- *You have lots of experiences to "survive" like doing something that causes your checking account to be overdrawn so you have to spring into action
- *You feel like most of the time you're running around like a chicken with their head cut off

EMOTIONALLY

- *Constantly stressed-if there isn't something to stress about, you'll find it.
- *You feel like, or someone has told you, you're not good enough to handle money
- *Drained

BEHAVIORS

- *You create things to survive. There is most likely always a "crisis" you are dealing with

- *You often procrastinate because you operate best under pressure
- *You can kick ass when needed
- *Poor time management so you can feel the “panic” and kick into high gear

HISTORY

*It's very likely that your parent(s) was/were in survival mode and you simply picked up the behavior.

Do you want to change your money story from Survival?

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About The Author:



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After years of teaching people how to welcome more money into their lives, Cassie started asking questions about her client's money stories when they began their journeys. Over time she started hearing the same five stories and those are the money stories you read about in the book. They are stories that you pick up by default. Sometimes they are the same as your parents. Sometimes, you picked them up as a way to try and be different from your parents. Often you picked up your current money story from things you heard about money and your early experiences with it.

However, it doesn't matter what your money story is or how you got it. What matters now, is that you pick up a pen and start writing your own powerful money story.

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Just Enough

The money story of always enough is somewhat similar to Survival. The major difference is the stress level. You always have enough, never more, never less. Just enough. That's good because you don't have to stress or worry because you know if a big expense comes up, money will magically appear. It's not great, because if extra money magically shows up, you know an unexpected expense is just around the corner. You never have extra money in your savings account or feel like you get ahead. There is no money for your dreams.

The three biggest ways to tell if Always Enough is your story...

- *There is always enough
- *When you have extra, something comes up you have to spend it on
- *When an expense comes up, the money magically shows up

THOUGHTS

- *It'll be ok
- *I'll always have enough

EXPERIENCES

- *\$1500 extra shows up, the furnace breaks two days later.
- *Car needs new brakes, \$300 shows up from somewhere unexpected.

The benefit to this story is that there isn't a lot of stress because everything always works out. The downside is everything is just ok. It never gets better. You don't dream of saving for a big trip or getting ahead because you know something will come along to use up whatever you save.

This story can have characteristics of other stories which modify it slightly.

You can have an Always Enough story with chasing tendencies. That means that it always works out but you go do the chasing and finding of the money. Your story is different than that of a money chaser because you aren't constantly chasing. You only do it when you need to in order to keep the status quo.

HISTORY

Growing up there was probably always just enough. There was enough for everything your family needed and never extra. Life was ok, but your family might have taken a road trip instead of flying to Disneyland.

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Money Chaser

This money story plays out much like the title implies. You chase money. Likely, you always have. There is never enough money and it has nothing to do with the money you make. You never feel like it's enough. So, you are constantly chasing it. You have likely joined more than three MLMs in your life. You get crazy ideas to make money and go right into action. Then the idea fizzles or falls apart. You are always chasing money and as with anything that is being chased, it probably feels like you'll never catch it. It's fine to be a new person with an idea every week in your twenties but it can get old and exhausting chasing money.

The three biggest ways to tell if Money Chaser is your money story...

- *You will pretty much do anything if you think it will make money
- *You've started multiple businesses or had hundreds of money making ideas that you started working on
- *You will spend money quickly to try and make money

THOUGHTS

- *I have to find a way
- *There's not enough money
- *I need more money

BELIEFS

- *I have to figure this out
- *If I try enough things I'll find the right one
- *Someday one of my ideas is going to pay off

PHYSICALLY

- *You are tired, possibly exhausted

SPIRITUALLY

- *You are drained
- *Possibly confused

BEHAVIORS

- *Coming up with a new idea every week
- *Impulsively dumping money into things you think will make you money

- *Joining multiple MLMs
- *You always have too much on your plate
- *You don't follow through with ideas after a few weeks
- *You have 100s of ideas for how to make more money

HISTORY

It's possible you came from a family with a parent who was always chasing money. Or your house growing up lived the story of just enough so you started chasing money so that you could be, do and have the things that others around you had as a kid. You've likely always been driven or a natural entrepreneur and just haven't figured out how to turn your big ideas into cash yet. So, you feel like you just have to keep chasing the dream of having more money.

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Money Hot Mess

You can probably pick yourself by this story title if this is your money story. This is literally the way people with this story describe themselves. If your money story is Hot Mess, you probably make a good amount of money, you just don't know where it goes. You don't like to be told what to do, so you spend when you want. You splurge when you want to and you don't have a budget. Why would you? There always seems to be enough money in the bank. Although, with how hard you work and what you make you have been feeling like there should be more money left over at the end of the month. One of the greatest things about you and your life is that money doesn't really stress you out. And on the other hand you might feel like it's time to get your money act together.

The top three ways to know if this is your money story...

- *Money doesn't really stress you out (you're never worried about having it cause it finds you)
- *You don't feel like you have anything to show for all the money that has found its way into your life over the years
- *You feel somewhat detached from money

BEHAVIORS

- *You don't look at your account unless you have to. It's not because you're scared, like with other money stories. It's because it always works out.
- *You take on lots of stuff
- *Money comes to you but it also floats away
- *You don't have any sort of plan with your money
- *You might overspend sometimes but you can easily balance it out the next month
- *You like buying

EMOTIONALLY

- *You feel detached from money
- *It doesn't feel hard

THOUGHTS

- *It'll work out
- *You never "get ahead" or have savings for long
- *Money doesn't feel hard

EXPERIENCES

- *Money flows into your life
- *Money flows out of your life
- *It's not hard to get money, but you can't seem to keep it
- *Nothing is really wrong in terms of money, your car isn't going to be repossessed and you have a good credit score, but you're not gaining any traction with money and it feels like it's a mess

HISTORY

You likely had everything you needed as a kid. Life wasn't extravagant but it was good. You naturally attract money so there hasn't been a need to stress about it or to really think about saving. Creating money comes naturally to you but no one ever taught you how to take care of money or grow it.

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Hold Tight

This money story plays out like the title implies. You hold on tight to your money, really tight. You might drive across town to save 5 cents on gas even if it costs you an hour out of your day. You are always after the sale. Saving money is often more fun than having whatever you purchased. You pride yourself on how much you can save. You don't want to let go of any money.

Top three ways you know if this is your story...

You will do anything to save some money.
You never figure out if the effort to save money was worth your time and effort.
You will sacrifice to save a few bucks. For example, sleep on the floor because you know mattresses are going on sale soon.

Behaviors:

The first thing you share is how much you saved.
You talk about how you're not rich, or can't afford something.
You sacrifice your health, comfort, and/or convenience so save money.
You have a hard time letting go of money.

Emotions:

You find more joy in the "savings" of a purchase than the actual purchase. For example, you love how much you saved on the shirt more than you love the shirt.
One of the main sources of your happiness is getting a deal.
Collecting "extra" when there are left overs.

Thoughts:

There will never be enough.
I have to save more money.
If I can save, it's worth my time.

Experiences:

Putting off investing in something for yourself until there is a sale.

When you do invest in something, like personal development, you feel like you have to squeeze everything out of the experience to get your money's worth.

Sometimes you hold on too tight and then you let go. You end up going on a big shopping spree or charging a lot to a credit card. Then you have to scrim and save to pay it back.

You make sure to "get your money's worth" instead of focusing on how the experience makes you feel.

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