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**Kat Vassallo**

Financial Empowerment Coach

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Redefine your relationship with money  
and start using it as a tool to build the life you want.

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# **It's time to get conscious about your cash!**

Created by Kat Vassallo - Financial Empowerment Coach

In the general swirl of busy that is life, particularly #mumlife, it is easy to live by your to do's constantly projecting into the future. We tend to do the same in our financial lives - when I have saved this much, or paid of this much of my mortgage, or my credit card bill, then I'll sort it out. But creating a positive relationship with money doesn't happen in the future. You need to cultivate positive habits. Every. Single. Day. And changing habits starts with understanding what you're doing now and replacing it with something that serves you better.

## **What is that little voice in your head ACTUALLY saying?**

When was the last time you had a conversation about how much you loved money? How much you love using it to buy groceries and nappies, and cute little outfits for your kids? My guess is um... never. We are all taught that discussing money, especially in that way, is rude or greedy. Have you noticed the things you say about money to yourself?

Take out your journal or a piece of paper, and write down your immediate response to these prompts:

**My earliest memory of money is...**

**Financial freedom means...**

**I feel richest when...**

**I feel poorest when...**

**Asking for or accepting money makes me feel...**

**Having more money than friends or family makes me feel...**

**Thinking about my family's financial future makes me feel...**

Did what you uncover surprise you?

Negative language dominates our money conversations, and becomes our internal dialogue. *"It's too expensive, I have so many bills, there is never enough."*

Next time you hear yourself saying that, use gratitude as a circuit breaker. *"I'm grateful I can spend this on my family. I'm grateful for this credit card bill and all the experiences I have because of it - running water, a car, electricity."*

**And like any habit - keep doing it!**