

**52 SIMPLE
WAYS TO
MANAGE
YOUR
MONEY**

**A weekly JOURNAL & WORKBOOK
to help you take real control of
your money!**

Judith A. Martindale, CFP & Mary J. Moses

toExcel

New York San Jose Lincoln Shanghai

52 Simple Ways to Manage Your Money

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-Judi Martindale

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-Mary J. Moses

INTRODUCTION

During my thirteen years of working as a financial planner, I have noticed that some very wealthy people who have clearly understood the practical aspects of investing would often speak of feeling poor. I also noticed others who subscribed to an “abundance philosophy” often lacked the skills necessary to put that mindset into action. It was then that I realized there must be a merger or partnership between having a supportive attitude or relationship with money and understanding and applying the techniques and skills necessary to be competent in the financial world. I found that there is not necessarily a correlation between the amount of money one possesses and the feeling of financial freedom. In fact, some people who have a substantial net worth literally become paralyzed by the fear of making the wrong move and are unable to make appropriate investment choices. Others don’t do anything because they don’t understand, like, or feel comfortable with money.

This book is written for people who want to move in the financial arena with ease and confidence. These people want to create a life where money supports them and works for them to provide them with the lifestyle they want. Consequently, each chapter is composed of two parts: one part will describe an investment, or common financial problem, and provide tips and techniques necessary to progress and be competent in that area; the other part invites you to explore whatever attitudes or feelings might be stopping you from moving ahead.

You’ve worked hard for your money. It’s time to let your money work hard for you. Follow the steps in this book and you will notice your attitude and ability to work with money shifting to empower you. You will come to believe that money is truly an expandable resource.

-Judi Martindale

DEDICATION

To Lewis and Terry, for the good times—so many of them—and to Judi, for being an understanding partner.

—Mary Moses

To Mary Moses, who continues to inspire me.

—Judi Martindale

1. PAY ATTENTION

Raising Your Consciousness About Money

What it is...

A focus on: how you spend your money; how money works in your life; and the internal conversations you have about money.

How it helps...

- It is the first step to making any changes.
- You take control of your life and your finances.

Key items to look for...

- Where you lie in the spectrum of money awareness.
- How other people deal with money.

Time...

- An ongoing process.

Keys to action...

- Pay attention to how you use money and how it works in your life.

“The world is his, who has money to go over it.”

—Ralph Waldo Emerson

PAY ATTENTION

SET IT UP	STEP ON IT	STEP ON IT +
Many of the ways you think about money come from earliest family experiences.	Give some thought to the source of your feelings about money.	This process will help you make peace with your past mistakes and learn from them.



Notice...

- Your reaction to dealing with money.
- What you say to yourself about money.
- Your reaction to how others deal with money.
- How your family deals with money.
- How powerful or overwhelmed you feel with regard to money.



But what if...

- Nothing changes?
 - This process only deals with noticing how you are now.
 - Changes will come later.



Thought primers...

- Money means to me...
- If I believed I had a say in the amount of money I have...
- If I could have all the money I wanted...
- When I see how I use money, I...
- One of the ways money could better support me might be...
- One of the changes I would like to make...

	READY...	SET...	GO!
	Preparations are essential. Here are three—you add the rest.	Find out what others think and what they are doing on this subject.	Slow and easy is the key. Take one step at a time.
1	Start with one area, such as savings. Review your feelings and your record.	Ask family members what they remember about the way money was handled in times past. What was the family method of handling money problems?	Be prepared for some surprises.
2	If you find a subject that is difficult to think about, ask for help.	Consider having a financial advisor—a mentor, a financial planner, lawyer, or person who has valid experience.	You can have more than one advisor.
3	Seek other ways to learn about the subject.	Attend classes and workshops. Read articles in magazines and newspapers.	Be aware that some seminars are designed to sell you a service or investment. Use caution until you have considered all of the consequences.

2. LET MONEY WORK FOR YOU

Your Relationship With Money

What it is...

An effective relationship with money which stems from the belief that you can create your financial future and consistently engage in sound financial decision-making. The essential ingredient is the development of a high level of consciousness regarding the way you use money and the way you *want* to use money.

How it helps...

- Gives greater control of your destiny.
- Enhances your understanding of your actions and their importance to you.
- Assists you in making decisions based on sound judgment instead of being driven by emotion and wishes.

Key items to look for...

- Watch spending patterns, designs that emerge from your savings preferences, and any repeated mistakes.

Time...

- Half an hour to set up.
- Fifteen minutes as needed, as a reminder.

Keys to action...

- Review your "Net Worth" Statement.
- Analyze your spending patterns.

LET MONEY WORK FOR YOU

SET IT UP	STEP ON IT	STEP ON IT +
Set aside time to think about this subject when you will not be interrupted.	Honestly review your major decisions regarding money. Try to recall the circumstances and how you felt at the time.	When you are comfortable doing so, review your money mistakes and discover why they did not turn out better. Acknowledge your responsibility in the matter.



Notice...

- How you have dealt with money in the past.
- How you feel about money.
- Your criteria for making financial decisions.



But what if...

- Money hasn't worked well in my life?
 - Take action to change.



Thought primers...

- Having money work in my life means...
- If I changed my financial life significantly from the way it is now...
- If it turns out I can create my financial future...
- If I used money as support...
- If I had more money than my parents...
- The good thing about keeping myself in the dark financially might be...

	READY...	SET...	GO!
	Preparations are essential. Here are three—you add the rest.	Find out what others think and what they are doing on this subject.	Slow and easy is the key. Take one step at a time.
1	Attitudes toward money are usually formed in childhood. Review your observations about money when you were young.	Review your parents' attitudes about money.	Keep a journal of your feelings about money for a short period. Let your feelings surface, and make a note.
2	Study your notes about money. Do your feelings influence your decision?	Observe the attitudes of the people whom you admire. Discuss with them their feelings about money.	Decide which small steps you could begin that would not be a threat to your sense of security.
3	Prepare a plan of action that includes consideration of an area that you have not yet conquered.	Discuss your plan with professionals.	Begin with small transitions.

LET MONEY WORK FOR YOU_____

MY PERSONAL PROGRESS

3. WHERE DO I START?

First Easy Step



What it is...

A commitment to create a new, more effective financial relationship.



How it helps...

- Increases joy and satisfaction in your life.
- Reduces worry and suffering.
- Creates a feeling of effectiveness and financial well-being.



Time...

- One hour to set up plan.
- Ongoing as needed.



Keys to action...

- Decide on one aspect of your financial life that you want to alter.
- Set a specific, measurable goal for that area.
- Divide the goal into workable, manageable steps.
- Plan for problems and breakdowns.
- Create a support system or network if necessary.
- When you reach your goal, acknowledge yourself and your success.

“When you are young you think money is the most important thing in life. When you are old, you know it is.”

—Oscar Wilde

WHERE DO I START? _____

SET IT UP	STEP ON IT	STEP ON IT +
Recognizing the need for improvement is the first important step toward betterment.	Take one small portion at a time in goal-setting. As a start, choose an area in which success is easy to achieve.	Set aside time when you will not be interrupted.



Notice...

- Your reaction to the structure.
- Your reaction to accepting responsibility.
- Your commitment to the plan.
- Where you most likely might get into trouble.
- Your willingness to ask for help.



But what if...

- I fail?
 - Notice what was missing.
 - Revise your goal and try again.



Thought primers...

- If I managed my money effectively, one of the things I might change would be...
- "Staying on track" means...
- When all this feels like too much work, I might...
- If I found someone for support, I might...
- If I were really committed, I might...
- The good thing about making changes...
- The scary thing about making changes...