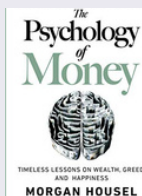


Squiggly Careers PodSheet

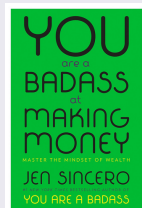


How to adapt your money mindset influences your career success

2 recommended resources



The Psychology of Money:
Timeless lessons on wealth, greed and happiness
by Morgan Housel



You are a Badass at Making Money:
Master the mindset of wealth
by Jen Sincero

Quotes to inspire



Financial success is not a hard science, it's a soft skill where how you behave is more important than what you know.

- Morgan Housel

Because we are creatures of habit, who tend to have our words on repeat they become like a chisel that forms grooves in our minds. Playing the same stories, over and over, anchoring in our thoughts and beliefs and defining our reality.

- Jen Sincero

Insights to improve your money mindset

1 Know the difference between rich vs. wealthy



Rich = current income spent visibly
Wealth = income not spent and investments not seen

Are you more motivated by being rich or being wealthy?

2 Understand the psychology behind your spending

Savings are the gap between your ego and your income. You will save more if you care less about what others think.

How much does other people's opinion influence your spending?

3 Be clear about the choice that money buys you

Flexibility and control over your time is an often unseen return on wealth. You can create freedom from wealth.

How could more savings lead to your time being better spent?

4 Rebuild your beliefs about money



Your thoughts feed your emotions which inform your actions and create your reality.

What beliefs about money are holding you back?

5 Prepare for a more positive association with money

Writing down the positive words you associate with money can help you be less fearful about the topic.

What does money make you grateful for?

6 Be watchful to avoid being wasteful

Unconscious spending reduces control of your finances. Auditing 6 months of outgoings will increase your awareness.

What small changes could stop wasteful spending?

Ideas for action



Describe a dream day in your life.
How could a better money mindset help?



Where are you on the scale? Watchful ←————→ Wasteful
Write down a wasteful spending habit you could watch