

WEEK 1, DAY 2

Self-talk: Helpful or Sabotaging?

ACTION PLAN

Our self-talk is incredibly powerful.

Today we want to think about the messages we say to ourselves about money, and see if we can reframe some of our negative thinking into something that will help us.

1. What are some of the things you say to yourself about how you manage your money?

E.g. I never know the best way to manage my money, I wish I knew how much I should put away for my super.

2. List 3 things you do well in your money life

E.g. I always pay my bills on time; I shop around for insurance.

- 1.
- 2.
- 3.

3. List 3 areas that you would like to improve/strengthen in your money life

- 1.
- 2.
- 3.

4. For each of the areas you listed in question 3, have a go at reframing your thinking into a positive thought or action.

Here are some examples we shared in the video that may to help get you started:

EXAMPLE 1

Original thought/statement: I feel out of control with my money

Reframed to: I am doing the best I can and I'm going to get some help from someone I trust who can help me handle things

EXAMPLE 2

Original thought/statement: I can't ever save any money

Reframed to: I will set up an automatic transfer from my bank account and enjoy saving regularly and consistently.

Be the Boss

GET ON TOP OF YOUR MONEY
FOR GOOD

**YOU'RE
THE BOSS**

This week, look for opportunities to practise reframing your negative thoughts about your money management into positive ones.

START YOUR REFRAMING HERE

1.

2.

3.



Reflect

Which part of this activity did you find the most challenging? What was the easiest? What insights did you get about the way you talk to yourself about money?



Respond

Be bold and share how you went with this activity on our Facebook group (Be The Boss Online Course). We would love to hear about your money thinking and could also support you in putting your new thoughts into action.



Remember

Be kind to yourself!

Brene Brown puts it this way: "Talk to yourself like you would to someone you love"



Go deeper

Visit self-compassion.org



Moneycare