

# How to Change Your Money Mindset

## (so you can get out of debt and start living the life you want)

Your mindset is what can make one person crazy successful with money and another give up.

What you believe shapes how your life will turnout. Every day, you have the power to choose what will move you forward financially or set you back. It's up to you.

You've got to change your mindset. Your spouse can't do it for you. And I can't do it for you either. It's on you to change your mindset. The good news is, you can!

Here are my favorite recommendations for changing your money mindset. (These are some of the tools I used to pay off \$39.7K in debt and start paying cash for some of my biggest purchases.)

### **Step 1. Read books that have a positive influence in your life.**

If you want to give yourself a chance to change and grow, pick up a book. Here are some of my favorites in this space:

- You are a Badass at Making Money by Jen Sincero
- Money Master the Game by Tony Robbins
- The 7 Habits of Highly Effective People by Stephen R. Covey

### **Step 2. Think about your life until now and ask yourself:**

- What's one thing you remember your parents saying about money?
- What's one thing my parents did with money that I want to duplicate?
- What's one thing my parents did with money that I will do differently?

What changes do you need to make based on these answers?

### **Step 3. Give some money away.**

Giving is so fulfilling and it's been proven to change your money mindset. It moves you from selfish to selfless. I know it sounds counterproductive. Just try it! Commit to giving money to help an organization or person a few times a month. If you don't feel like a

new person in a few weeks, message me on Instagram ([@rewagaudern](#)) and we can talk.

#### **Step 4. Dream about your retirement in vivid detail.**

Close your eyes and picture your future life in vivid detail and let that motivate you as you plan for your future. Picture every detail, from where you are, what you are doing, who you are spending your time with, etc. Take that dream and let it fuel your desire.

#### **Step 5. Have the belief that success is possible for you.**

You have the ability to triumph. Some of us have different obstacles than others, but just believing it is possible for you is the first step.

Your actions will follow your beliefs and make good habits easier to stick to. In time, your entire outlook will change for the better.

If you're ready to get out of debt and learn to master your money mindset (to land a higher-paying job for example), [click here](#) for more information on my Money Mastery 1:1 Coaching Program. I will teach you my exact process for getting out of \$39.7K worth of debt and how I completely transformed my money mindset.