

# 10 THINGS YOU CAN DO

TO

# FEEL GREAT ABOUT YOUR MONEY

WITH MONEY COACH  
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# 1

## HAVE A PLAN

One of the biggest causes of financial stress is not having a plan for your money. Instead of ignoring or avoiding your money problems, pull out your financial statements and total your debts, savings and investments. Once you know where you stand, you can create a plan and a budget. Having a plan for your money will help you get the most out of each of your hard earned dollars, and creating a monthly budget is the best tool for making your plan a reality. Being intentional will help you feel confident and ready to tackle your goals!

### HERE'S A PLAN THAT WORKS!

#### The 7 Baby Step Plan for Financial Peace Developed by Dave Ramsey

- 1: Save a beginner emergency fund of \$1,000+.
- 2: Pay off all debt except for your mortgage.
- 3: Save a fully funded emergency fund of 3-6 months expenses.
- 4: Invest 15% of your household income for retirement.
- 5: If you have children, save for their college.
- 6: Pay off your home early.
- 7: Build wealth and give generously!

### HOW TO MAKE A BASIC BUDGET:

1. Start with your projected monthly income.
2. Subtract your known expenses.
3. Subtract your variable expenses.
4. Give every dollar of your income a job to do .
5. Consult your budget before each purchase and track each expense.

# 2 SAVE AN EMERGENCY FUND

Open up a separate savings account and transfer some money into your new "Emergency Fund". A fully funded emergency fund is at least 6 months of your household expenses. If you have debt to pay off, start with at least \$1000 - 1 month of expenses in savings before you start making extra payments to reduce your debt. Add to your fund each month until you reach your savings goal.

Having an emergency fund will bring you peace of mind. This money will allow you to pay off debt and build wealth knowing that you have money set aside for when emergencies happen such as job loss, illness, car troubles, broken appliances etc. It's not a matter of "if" an emergency will happen, but "when". Having an emergency fund will immediately help you feel more positive about your financial situation.

# AUTOMATE YOUR GOALS 3

Take some of the pressure off yourself by automating your priorities.

Many banks and employers will allow you to set up automations that move a percentage of each pay check into investments or separate savings accounts. You can use this strategy to invest, build your savings or to set aside extra debt payments before the money hits your bank account. This strategy will help you feel in control of your paychecks, and with the money "out of sight, out of mind" you'll be less tempted to spend the money on things that aren't in your plan - double win!

#### Things to automate:

- Bills
- Investing
- Savings
- Giving
- Extra debt payments

# 4 BUDGET MONEY FOR GIVING, HEALTH & FUN

Many people assume that they need to cut everything out of their budget in order to reach their financial goals. However, I've seen this strategy lead to discouragement and burnout. I've found that in order to feel great about your life and your money, you need to take care of yourself. To stay energized and motivated on your financial journey, continue to prioritize your giving, health and having fun along the way!

## MAKE ROOM IN YOUR BUDGET FOR THE FOLLOWING:

### Giving

Whether you give to your local church, charitable organizations, or to a cause that inspires you, giving even a small amount monthly will help you keep things in perspective. Giving is a great way to boost your mood and make a difference in your community.

### Health

Prioritizing your health by keeping up with your doctor and therapy appointments is very important for short term and long term health and wealth building. Staying active and eating healthy food is essential to your health, and can be achieved even on a tight budget.

### & Fun

Give yourself some fun money each month that is yours to do whatever you want with. Enjoying some of your money, guilt free, will help you to keep a healthy balance between giving, saving and spending.

# 5 LAUGH ABOUT IT

Yes, I do mean to literally laugh about it!

According to Dr. Madan Kataria, the found of the Laughter Yoga movement, laughing can boost your mood, reduce your anxiety and help you feel more focused and energetic. But what if there's nothing funny about your money situation? The great news is that your body cannot tell the difference between intentional (fake) laughter and the real thing! So fake it, and you'll start to feel it!\*

## TRY THIS EXERCISE:\*\*

Set a timer for 1 minute  
Take some slow, deep breaths  
Laugh, engaging your diaphragm  
Continue laughing for a minute or as long as you can  
Take some more deep breaths

I bet you already feel more positive!

Repeat this exercise when you open a bill, work on your budget, dream about achieving your financial goals, or any time you need to combat negative emotions about money. Laughing can also be a great exercise to do with your spouse before a budget meeting to set a positive mood.

To learn more about the benefits of laughter, check out Laughter Yoga.

\*More information about Laughter Yoga can be found at <https://laughteryoga.org/>

\*\*Laughing is considered an aerobic exercise, only laugh if you are physically able to do so.

# 6

## PRACTICE GRATITUDE

Gratitude helps us see that we have more than we need and much to be thankful for. Make gratitude part of your daily schedule by reflecting on all of the tangible and intangible blessings, relationships, liberties, and material things you have received.

## UNSUBSCRIBE

# 7

One of the greatest barriers to contentment is comparing our lives to the lives of others. You may find yourself having FOMO (fear of missing out), or trying to live a lifestyle above your means. You'll likely feel better about what you do have when you stop consuming media that leads to comparison.

Take some time to unsubscribe from email lists and unfollow (or mute) social media accounts that make you feel inadequate or trigger you to spend money. Delete shopping apps from your phone and turn off notifications to sales.

While you may not be able to "unsubscribe" from the people in your life, you may find yourself needing to set boundaries with those who are negative about your financial goals, or who pressure you to spend money you don't have. Doing so will protect your money and your sanity!

# 8 COMPARE PRICES

Who doesn't love that feeling of getting a great deal on something? Maybe it's the rush of buying something for a "steal", or the accomplishment of scoping out a bargain, but getting the best price is a fantastic feeling.

You can save on everyday items by shopping at discounted stores like Aldi, clipping coupons, accumulating store reward points, and driving the extra mile to a cheaper gas station.

When making big purchases, take some extra time to carefully research and compare prices, or even wait until Black Friday or Independence Day sales. Travel is another area where you can save big by doing your research. Apps like Hopper allow you to watch flights for the best prices, and you can often get a great deal on plane tickets by choosing discounted seats or traveling light instead of checking bags.

Whether you're buying groceries, traveling the world, getting married, buying a car or replacing an appliance, taking the time to find the the best price makes you a savvy shopper and is sure to make you feel great!

# GET INSPIRED 9

There are hundreds of thousands of people around the world that are on financial journeys. Get inspired by looking up "debt free screams" on YouTube, or watching documentaries about the FI/RE (financial Independence Retire Early) movement.

This is one instance where comparison can be healthy. When we see other people succeeding, it should make us think "if they can do it, I can too!"

Know that you aren't alone. Know that someone else out there has overcome a difficult upbringing, a lack of financial education, expensive mistakes, and discouraging disappointments, and YOU CAN TOO!

# 10 ASK FOR HELP

There's nothing wrong with getting some help if you need it! Whether you're just setting out to learn the basics of personal finance, buying a home, looking for insurance, setting up a business, doing your taxes or learning an advanced investing strategy, there are many professionals available to guide you in the right direction.

Meeting with a tax professional, realtor, accountant, financial advisor, insurance broker or money coach can help you feel confident in your financial plan.



A financial coach can provide the tools and accountability you need to start healthy habits with money.

At Berry Personal Finance, I offer motivational, judgement-free coaching to help you build the tools and confidence you need to reach your financial goals and feel great about your life and your money.

To book your free consultation contact me at :  
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