



Create Financial Breathing Room

The 7 Essential Principles To Begin A New Financial Future

Principle 4 :: **Discern**

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Discernment - This is a subtle yet truly transformative art form.

The ability to discern is the ability to make a conscious choice, to distinguish between two things. I like this word because it has a nuance, it is about checking in with yourself and determining what is true to you – not to anyone else. It isn't about making a “good choice” or a “bad choice” it is about **discerning the right choice for **you**.**

Life happens at a quick pace... we prioritize so many purchases and justify spending money in a million ways. Financial peace of mind, however we define it, is more illusive and intangible. It doesn't send us a bill. It doesn't sit on a shelf calling to us. We don't easily correlate “financial peace of mind” with the time we may be giving away, or under-billing for.

And, we are human. Which means we have a tiny challenge looking past what is immediately in front of us to some delayed gratification in the future. That challenge has gotten more intense with many modern distractions that do not support clear, conscious decision-making.

So what we must do is have that choice present in our minds. When we don't have financial breathing room, we long for it. But in “the moment” of making a financial decision, we forget that we also desire financial breathing room.

We are going to put your 3 chosen financial desires “On the Shelf,” making them tangible, alluring, and within reach. The good news is you have already made your decision to attain them, being able to **discern** gives that decision weight when you are in the present tense of responding to life.

Are you ready for what is next? Good!

From now on, each time you make a financial decision that is **within your control** – on the spending side, and on the earning side – you are now always discerning **between your desired state of financial peace and the item/experience/etc. in front of you.**

I know. You may be thinking.... “Here it is! I knew she was going to take something away, she can’t tell me what to do with my money!” Resistance is going to push hard, but hang in there with me! Be curious about your resistance, but don’t give it too much power.

I will admit, this is perhaps my favorite part of the process, the place I get the most passionate... and where I begin the transformative work that I do with my clients – because it is where many people get stuck on their own, and I can help pull them through. So, why not come along for a ride? I want to show you this new way...

Look at your notes from the first exercise. How much money is required for each of your 3 goals? List the goals in the left hand column of the chart below.

3 Chosen Goals	\$10	\$20	\$50	\$100
<i>(example) \$1,000 buffer</i>	100x	50x	20x	10x

Then do some simple math. Feel free to pull out the calculator on your

phone – really! Divide the desired goal amounts by \$10, \$20, \$50, \$100. Write how many times each amount goes into the savings goal in the boxes on the right.

Sometimes it helps to see just how many times not spending a particular amount could add up to the desired goal. This is just a way to heighten awareness... and begin to take action.

What feelings arise when you look at the choices that might come up from the graph above? What fears emerge?

We are not looking at ways to scrimp, deprive, live in scarcity, or deny any of the joys of life. I am a big fan of exploring alternatives – of maintaining the integrity of the desired activity etc. **without** as much \$ flowing out.

Wealth is built on your ability to be discerning, to make choices that are conscious, clear, and aligned with your goals. Tomorrow we will explore the next critical step.

See you then!

-Megan