



Create Financial Breathing Room

The 7 Essential Principles To Begin A New Financial Future

Principle 7 :: **Develop**

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This is the final exercise. But truth be told, the journey never really ends. There are layers of exploration, of discovery, and ways to **Develop** new ways of handling your money.

This final principle is to inspire you to continue developing – to continue learning and deepening your understanding of your relationship with money.

To develop a new internal language around money – where you are open to the possibility of things being much better than they are today, even if you don't know how you will get there.

Take a moment to **develop a new belief** about money, one that is rooted in possibility:

I believe money is:

Take time to **develop an appreciation** for what your life does have.

Having gratitude and appreciation increases the joy in our lives and naturally creates an experience of thriving. So, take a moment to close your eyes and think about all that you already have, and let it be just the beginning...

These are the 20 aspects I appreciate and feel gratitude for in my life:

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

Develop systems – I love systems and find that they help create order when chaos starts to overwhelm me. What systems do you want to incorporate, learn more about, and implement into your life?

To: **Look at your bank balances regularly**

Plan your spending

Track your spending

Automate your contribution to savings

Negotiate a raise

Pay bills on time

Determine additional ways to save or earn money...

What else?...

Now state the areas you wish to develop:.

These are the 3 systems/new approaches that I am committed to learning about and developing so that I make sure to achieve my financial goals:

1.

2.

3.

I invite you to revisit this course when you have reached your current 3 goals – and you can work through the process again to achieve the next goals. You can access all the exercises [here](#).

If you find yourself wanting more, eager to explore some of the deeper blocks that are preventing you from reaching the state that you desire, please consider reaching out for support – I would be honored to explore working with you!

I will be in touch with future communications, but for now my hope is that you are poised and well on your way to a new financial future – one in which you can breath deeply and focus on the many other aspects of your life that help you thrive.

There is something very mysterious and wonderful about being able to share this kind of gift with the world – with the unknown strangers who may stumble upon it. And while I marvel at that mystery, I also want you to know that I am a very real person – just like you – and always welcome hearing your stories: of success, of frustration, of curiosity that have emerged from working through this process.

So, until we meet again – Take good care of yourself – financially and otherwise!

- Megan