

Money Conversations With Self

Three honest questions to reset
your financial mindset



The 3 Essential Discussions About Wealth You Must Engage In With Yourself

Wealth goes beyond mere calculations.

It's all about the drive. Selfhood. Fear is a powerful force. Influence. Regret. Ambition.

Especially during a career transition, your connection with wealth becomes more pronounced. And if you don't confront it, you'll bear unspoken stress that gnaws at your self-assurance.

Here are the three essential financial discussions every midlife professional must engage in with themselves—*with honesty, compassion, and clarity.*

1. "What Does True Security Mean to Me?"

Many individuals pursue wealth primarily for one purpose: **safety.**

Without a clear definition, you'll always feel like you're falling short.

Inquire:

- * What's the least amount I need each month to feel secure?
- * What are the lifestyle essentials that I genuinely cherish?
- * What brings me stability and security?

Proper security extends beyond simply having a substantial bank balance. It's all about understanding what truly counts and safeguarding *that* with unwavering determination.

* Example: "I require sufficient funds to manage my expenses, ensure my daughter's medication is covered, and set aside \$200 each month for wellness." That's the essence of stability for me.

Your ultimate objective is right there. Not just a nebulous "more."

2. "What Financial Narratives Am I Still Holding On To?"

We all hold onto financial beliefs shaped by our upbringing, cultural influences, or previous employment experiences:

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- * "I struggle with managing my finances."
- * "Individuals like me aren't destined for wealth."
- * "Achievement is all about earning a substantial income, regardless of the sacrifices."
- * "If I take a break, I'll lose my edge."

These scripts influence your decisions—until you dare to challenge them.

Inquire:

- * Who is that voice, truly?
- * Is this still accurate?
- * What empowering belief can I adopt instead?

It's perfectly acceptable to elevate your beliefs as you evolve.

✱ New story: "I have the power to build a life that is both fulfilling and financially secure, prioritizing my well-being while ensuring my needs are met."

3. "What Vision Do I Have for My Financial Future?"

There's no need to go back to the way things were before.
You have the opportunity to *create a future that inspires.*

Inquire:

- * What type of work/life balance do I aspire to achieve at this moment?
- * What is my desired income—and what drives that ambition?
- * Am I aiming for full-time, part-time, freelance, or a hybrid approach?
- * What does prosperity signify for me *at this point in my journey?*

✱ Example: "I aim to achieve an income of \">\$80K+ while engaging in impactful work that allows for independence." I aim to streamline my expenses and prioritize well-being, independence, and meaningful connections.

That's a financial strategy grounded in principles, not anxiety.

Ultimate Conclusion

It's okay not to have everything mapped out perfectly.

It's essential to have an open and truthful conversation with yourself about finances—understanding their significance in your life, the narratives you hold, and the genuine aspirations you aim to create.

Because understanding brings peace.

And tranquility generates strength.

And influence empowers you to make the best decisions in your upcoming journey.

Make this your go-to topic for engaging discussions.