



The Little Book of Money

A Guide to Managing Your Finances, Building Your Wealth, & Investing in Yourself

No need to stress about your finances anymore with The Little Book of Money.

This easy and compact guide provides a multitude of practical tips and tricks for achieving financial prosperity, improving your overall wealth and reinvesting in yourself.

Discover everything you need to know to lead a more fruitful and prosperous life in this handy guide, from everyday financial basics like opening a bank account, to growing your wealth with stocks, bonds and mutual funds to daily, monthly and yearly habits like the mason jar challenge for improved financial health.

Whether a recent college graduate, someone seeking financial advice, or someone who has plans to retire, but isn't sure they have saved enough, this book will make the perfect gift as it provides easy and practical tips to declutter your finances, improve your personal wealth and reach your financial goals.

#MoneyTok is trending with 19.4B views on TikTok.
Learning how to tackle your finances has never been so easy!

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HOW TO HAVE A HEALTHIER MONEY MINDSET

Do you see any of these unhealthy money mindsets in yourself? If so, you've already taken your first step to a healthier approach to your finances. Next, working through these steps can help you change your mindset:

- 1 Name it.** Search yourself and name what you're feeling. Is it shame, guilt, fear, overwhelm, or something else?
- 2 Think about it.** Try to figure out what experiences or memories are prompting your feeling. Perhaps you felt less well off than your peers when you were growing up, so you feel anxious about money now. Maybe you regret an irresponsible spending spree and feel shame about that. Being aware of what fuels negative feelings about money helps you know what's motivating your actions—and that's the first step to getting control.
- 3 Listen to the numbers.** Does your budget confirm or upend what your feelings are telling you? If you feel like you don't have enough, but the math checks out, that can be your anxiety. Whatever the numbers say, adjust your budget or behavior accordingly.

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Money Mantras

Money matters can be overwhelming, and it's easy to feel discouraged as you work toward your financial goals. Pay attention to your mind. When you need a boost, try these abundance mantras. Repeat each one in between deep breaths. It can also help to stand in front of a mirror and look your reflection in the eye. Most of all, remember: You are worthy.

- I am open to wealth in whatever form it comes.
- I deserve prosperity. I attract it and respect it.
- I cultivate abundance in my every thought and deed.
- When one door closes, another one opens.
- My riches are vast and priceless, and I am grateful for them.
- Abundance is a mindset.
- I am worthy of everything I receive, work for, and hope for. I am worthy.



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