



# Money Meets Mindset

UNLOCK FINANCIAL FREEDOM

**An interactive Weekend Featuring Industry Experts, Exclusive Workshops & Interviews**

**M3COACHES.COM**



# MONEY MEETS MINDSET SCHEDULE

**MARCH**  
**27, 2021**  
SATURDAY



**WELCOME INTRODUCTION**

**9:30 - 10:00 AM EST**

**RK**

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**10:00 - 11:00**

**LISA SWIFT YOUNG**

**11:00 - 12:00**

**(WORKSHOP)**

**LAURA MARSALA**

**12:00 - 1:00**

**LEISA PETERSON**

**1:00 - 2:00**

**JONATHAN DEYOE**

**2:00 - 3:00 BREAK**

**3:00 - 4:00**

**(WORKSHOP)**

**FARAAZ ALI**

**4:00 - 4:30**

**CLOSING REMARKS**

**ANDY STORCH**

**TAMI GOMEZ**

**LISA MOON BRUMM**

**JENNIFER MATHEWS**

**DIONNE PERRY**

**JENN GIBBS**



# MONEY MEETS MINDSET SCHEDULE

**MARCH  
28, 2021**

SUNDAY



**WELCOME INTRODUCTION**  
**12:30 - 1:00 PM EST**  
RK

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**MIKKEL LESLIE**  
**SHANE KULMAN**  
**CHARIS HARRIS**  
**REEM THIERRY**  
**MELISSA CASTEEL**  
**JANINE BROLLY**

**1:00 - 2:00**  
**(WORKSHOP)**  
**EHAB MEDHAT**

**2:00 - 3:00**  
**MICHAEL STEVEN**

**3:00 - 4:00**  
**CATHERINE SANDERSON**

**4:00 - 5:00**  
**KIRSTEN KLUG**

**5:00 - 6:00**  
**PATRICIA 'ZEE' ZAMBONI**  
**COASH**

**6:30**  
**CLOSING REMARKS**





# RK THE HOST



**Join me along with 22 other experts on the  
topics of Money, Mindset, and total Mindfulness!**

**Learn how to take control of your financial  
health & wellness. Don't miss a single one of our  
interviews and live webinars - they will be  
packed full of life-changing information. It's  
time to transform your relationship with money  
into a thriving one that helps you live the life  
you aspire to!**



**@MILLENNIALMONEYMUSE INSTAGRAM  
@M3COACHES FACEBOOK  
M3COACHES.COM**



## SPEAKERS



CATHERINE SANDERSON



ANDY STORCH



LAURA MARSALA





## SPEAKERS



**MICHAEL STEVEN**



**JONATHAN DEYOE**



**JENN GIBBS**





## SPEAKERS



LISA SWIFT YOUNG



FARAAZ ALI



MIKKEL LESLIE





## SPEAKERS



TAMI GOMEZ



SHANE KULMAN



DIONNE PERRY





## SPEAKERS



LISA MOON BRUMM



MELISSA SPEARS CASTEEL



JENNIFER MATHEWS





## SPEAKERS



CHARISE HARISS



PATRICIA 'ZEE' ZAMBONI  
COASH



JANINE BROLLY





## SPEAKERS



LEISA PETERSON



REEM THIERRY



EHAB MEDHAT



KIRSTEN KLUG





# **WORKSHOP**

## **BY FARAAZ ALI**

### **THE CHILDHOOD MONEY BLUEPRINT**



**In this workbook, you will find the summary of the talk and exercises where you try to answer the questions as honestly as possible to see how your relationship with money is. Also, create a new blueprint that you wish to develop in the final section of the exercises.**

#### **Presentation Summary**

- **Money is the reason for pleasure vs pain.**
- **Your current relationship with money can be on the spectrum of Happy or Bad, or Complicated.**
- **It all goes back to your childhood and your knowledge of money from the environment you grew up in.**
- **Were you born into wealth or poverty?**
- **Was money a source of happiness or stress?**
- **Your subconscious programming about money happens before you turn seven. Additional conscious programming happens from seven to adulthood.**





# **WORKSHOP**

## **BY FARAAZ ALI**

### **THE CHILDHOOD MONEY BLUEPRINT**

#### **Solution Summary**

#### **How to rewire your Mindset to release the limiting beliefs from Childhood?**

- Detach from your negative childhood relationship with money. See the recommended books below. The Millionaire Mindset is my recommended read if you have time to read only one book.
- Know your Luxurious needs vs necessities
- Minimalism is a way not to spend money you do not have or, on the other hand, spend money on items that you do not need. Working with LESS is MORE time, money and energy for other activities.
- Learn the 6 Jar Principle.

#### **How to create an abundant mindset for your children in the present?**

- Playing with large bills with your child, use 100, 1000, 10k monopoly money or in your vocabulary when playing.
- Cash in the wallet 100US. Always have this amount in your wallet, so you never slip into thinking you are broke. It keeps your mindset safe from sinking into negative energy.
- Minimalism for adults is essential so you can be an example for your child. Also, the family should adopt the same principle.
- Teach the six jar principle.

#### **The Six jar principle from T Hvar Iker:**

Basically, in the six jar money management system, you split your money into six different accounts. You have a certain percentage of your money to put into each account. You can use bank accounts or actual jars. Think of it as a self-induced tax system.



# **WORKSHOP**

## **BY FARAAZ ALI**

### **THE CHILDHOOD MONEY BLUEPRINT**



#### **1. Necessities Accounts (NEC – 50%)**

**This account is to manage your everyday expenses. The NEC includes your rent, debt, food, clothes, gas etc.**

#### **2. Play Account (PLY- 10%)**

**The money withdrawn from this play account is to have fun. T Harv Eker believes that to become financially free, your soul needs to be happy. The whole purpose of this account is to bring joy to yourself. An expensive bottle of red wine? A massage? An epic road trip with your buddies? Use the play account for everything your heart desires. But, do not use 1 euro of this account for anything else but fun!**

#### **3. Financial Freedom Account (FFA – 10%)**

**The FFA is your golden goose. This jar is your ticket to financial freedom that will make you rich eventually. The money that you put into this jar is used only for investment and building passive income streams. YOU ARE NEVER ALLOWED TO SPEND THIS MONEY. NEVER! The only time you are allowed to spend this money is once you become financially free. You are financially free when you make your desired yearly income without having to work. And even then, you are only allowed to spend your returns. Never the principal.**



# **WORKSHOP**

## **BY FARAAZ ALI**

### **THE CHILDHOOD MONEY BLUEPRINT**



#### **4. Education Account (EDU – 10%)**

**This jar is to sharpen your saw. Successful people all have in common that they sharpen their saw (their brain). Therefore, to emulate the results of successful people, we copy their behaviour.**

#### **5. Long-Term Saving For Spending Account (LTS – 10%)**

**Money in this account is for more significant purchases. This jar is for your next vacation, or your new car etc. This jar is like your play jar, but it takes a bit more to save for more expensive things.**

#### **6. Give Account (GIV- 10%)**

**The money in this jar is for charity. Use the money to do some good. Send it to a charity organisation you respect, or buy some food with it and cook the food for the homeless. How you do it is up to you. T. Harv Eker believes that the universe will reward you by giving you back more by giving away money.**



# WORKSHOP

BY FARAAZ ALI

## THE CHILDHOOD MONEY BLUEPRINT

### EXERCISE 1: Money Relationship Assessment

**Check Your Beliefs** While your family beliefs are often beneficial and help you navigate your world, when they are unconscious, they can limit the choices we make in our lives. Feel free to answer these questions for each family member, paying particular attention to how deeply you resonate with the belief and if it shows up in multiple places.

#### **Family Beliefs:**

1. Most of my family believe that money (or the people who have it) is terrible. [y/n]
2. Most of my family frequently struggle with money. [y/n]
3. Most of my family believe that money makes you less spiritual. [y/n]
4. Most of my family believe they are victims - that there is little they can do to change their circumstances of life. [y/n]
5. Most of my family wouldn't like it if I had more money. [y/n]
6. If I had more money, most of my family would believe I was supposed to give it to them. [y/n]

#### **Social Group**

**Here you are looking specifically at the beliefs and habits of your friends.**

1. Most of my friends believe that money (or the people who have it) is terrible. [y/n]
2. Most of my friends frequently struggle with money. [y/n]
3. Most of my friends believe that money makes you less spiritual. [y/n]
4. Most of my friends believe they are victims - that there is little they can do to change their circumstances of life. [y/n]
5. Most of my friends wouldn't like it if I had more money. [y/n]
6. If I had more money, most of my friends would believe I was supposed to give it to them. [y/n]



# WORKSHOP

BY FARAAZ ALI

## THE CHILDHOOD MONEY BLUEPRINT

### Culture

This set of questions asks you to think about your culture and the beliefs that it primarily promotes. We often spend time in multiple cultures. Sometimes we are immigrants living in a new country, hence being influenced by past and present settings. You may also spend significant time in a micro-culture (like a church or synagogue) which may have different beliefs than the culture at large. Please consider them separately.

1. In my world, wealthy people are bad people, or money corrupts them. [y/n]
2. In my world, people with money can't be trusted or can't trust those around them. [y/n]
3. In my world, wealthy people have to sacrifice their health, family, friendships, or spirituality to acquire or maintain their wealth. [y/n]
4. In my world, wealthy people have no true friends. [y/n]
5. In my world, wealthy people use other people to get what they want or use them. [y/n]

### Exercise 2: CALL TO ACTION

Here is some homework for you. It's your turn now!

1. Go out and get six jars (or six bank accounts).
2. Start splitting your money.
3. Write down your money blueprint (what is money for you, your relationship with money, how do you feel about money).
4. Write down what your parent's money blueprint is/was.
5. Write down 25 answers on how you can make more money. Then take micro action and do one of the solutions today!
6. Write down five reasons why you deserve to be financially independent.
7. Take action on ONE of the items listed in question 5 above.



# WORKSHOP

**BY LAURA MARSALA**

# HOW TO MAKE MONEY MONEY LIKE A BADASS



# NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



**WORKSHOP**

**BY EHAB MEDHAT**

**SEXUAL TRANSMUTATION  
& ABUNDANCE**



**NOTES**

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# GIFTS

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## RK

Free gift: 1 Complimentary Financial Review



Money Management Blueprint Download



## Janine Brolly, BPE

Free gift: Increase Your Wealth by Shifting These Two Vibrations

Calendar



## Mikkel Leslie

Free gift: 1 complimentary coaching session



## Jenn Gibbs

Free gift: E-Book "The Power of Your Subconscious Mind", by Joseph Murphy



## Reem Thierry

Free gift: Internal Healing A Different Approach to Inner Peace free e-book copy



## Jonathan Deyoe

Free gift: 25% discount for The Mindful Money Featured Courses



Discount Code (25%): M3SUMMIT (Expires 9/30/2021)



# GIFTS

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## **Leisa Peterson**

Free gift: Abundance Activation Gifts



## **Lisa Swift Young**

Free gift: 7-Day Gratitude Challenge



## **Lisa Moon Brumm**

Free gift: Top 15 Money Hacks



# BOOK RECOMMENDATIONS

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THE POWER OF HABIT  
BY CHARLES DUHIGG



THE 10X RULE  
BY GRANT CARDONE



SECRETS OF THE MILLIONAIRE MIND  
BY T. HARV EKER



RICH DAD POOR DAD  
BY ROBERT KIYOSAKI



PAUSE 2 PRAISE: 30 DAYS TO HAPPIER AND  
HEALTHIER RELATIONSHIPS WITH YOUR ADULT  
CHILDREN  
BY LISA SWIFT-YOUNG



THE MINDFUL MILLIONAIRE: OVERCOME  
SCARCITY, EXPERIENCE TRUE PROSPERITY,  
AND CREATE THE LIFE YOU REALLY WANT  
BY LEISA PETERSON



CREDIT LIT- CREDIT 101 FOR TEENS  
BY DIONNE PERRY



FINANCIAL FREEDOM WITH REAL ESTATE  
BY MICHAEL STEVEN



# BOOK RECOMMENDATIONS

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THINK & GROW RICH  
BY NAPOLEON HILL



YOU2: A HIGH-VELOCITY FORMULA FOR  
MULTIPLYING YOUR PERSONAL  
EFFECTIVENESS IN QUANTUM LEAP:  
PRICE PRICHETT



THE RICHEST MAN IN BABYLON  
BY GEORGE S. CLASON



OWN YOUR CAREER OWN YOUR LIFE  
BY ANDY STORCH



WHY WE ACT  
BY CATHERINE SANDERSON



UNLOCK IT  
BY DAN LOK



HOW TO OWN YOUR MIND  
BY NAPOLEON HILL



THE COMPOUND EFFECT  
BY DARREN HARDY

# BOOK RECOMMENDATIONS

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GREENLIGHTS

BY MATTHEW MCCONAUGHEY



THE POWER OF VULNERABILITY

BY BRENE BROWN, PHD



# SET & TRACK FINANCIAL GOALS APP

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Acorns is an automated savings tool that rounds up your purchases on linked credit or debit cards, then sweeps the change into a computer-managed investment portfolio.



Mint, a versatile app, has been around the longest and that's part of the reason it's the best. It's speedy and reliable, offering detailed and in-depth views (in real time) of U.S. and Canadian personal-finance situations. It has a useful, clean design. You can sign up through the mobile app or the website ([mint.com](http://mint.com)).



Credit Karma is an excellent go-to source for a free credit score and report. It seems like strings must be attached because even though you can get free copies of your three credit reports from [AnnualCreditReport.com](http://AnnualCreditReport.com), that service limits you to viewing each report once a year.



YNAB — the app's common acronym — excels at providing guidance for smart money management and financial responsibility. The tutorials and education material are excellent and extremely helpful. It caters to modest households who need the basics and it's not an app for someone seeking savvy financial information.

# SET & TRACK FINANCIAL GOALS APP

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Joy is a financial coaching and savings app that focuses on the the user's happiness, as it relates to purchases. After creating a profile, the user is asked to link their spending account to the app (a checking account or credit card). Users are then prompted to report on recent spending.



Qapital allows you to save money with relative ease, through gamification and the small actions you take in everyday life. It does require you to open a new account, which is FDIC-insured (no minimum balance or monthly service fee).



Digit is geared toward non-serious investors or people who want to save money without making much studious effort.



There's a savings method — a pretty old-fashioned one, actually — where you physically divide all your cash into separate envelopes. There's an envelope for groceries, an envelope for your telephone bill, an envelope for fuel costs, etc.



# SET & TRACK FINANCIAL GOALS APP

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The Venmo logo, featuring the word "venmo" in a blue, lowercase, sans-serif font.

It's a way to send and receive cash from friends. After creating an account, your profile will need information such as debit card details, connecting with friends already on the platform and links to a bank account. With more information provided, you will have the ability to send or receive more money at once, anywhere from a \$300 weekly cap to \$3,000.



What if you could instantly understand your financial situation based on past data? Would that be appealing? That's the essence of LearnVest. Think of it as a personal finance education Web site that offers a mobile app to monitor your money







# **THANK YOU**

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**THANK YOU FOR JOINING US FOR  
MONEY MEETS MINDSET!**

**M3 COACHES IS ON A MISSION TO  
DELIVER MEANINGFUL FINANCIAL  
LITERACY.**

**EVERYONE DESERVES THE RIGHT TO BE  
THE AUTHOR OF THEIR OWN FATE.**

**JOIN OUR COMMUNITY ON FACEBOOK,  
SIGN UP FOR OUR NEWSLETTER,  
FOLLOW US ON SOCIAL MEDIA,  
DROP-IN ONE OF OUR WORKSHOPS, AND  
STAY TUNED FOR THE NEXT LIVE EVENT.**

**WE'LL SEE YOU THERE!**

