

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

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

WELCOME INTRODUCTION
12:30 - 1:00 PM EST

RK

MARCH 28, 2021

SUNDAY



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' ZAMBON

COASH

6:30

CLOSING REMARKS



RK THE HOST (4) (2)

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!



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@ M3COACHES FACEBOOK
M3COACHES.COM











SPEAKERS











PATRICIA 'ZEE' ZAMBONI COASH









JANINE BROLLY







LEISA PETERSON



















KIRSTEN KLUG













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
- 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.



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 I 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%)

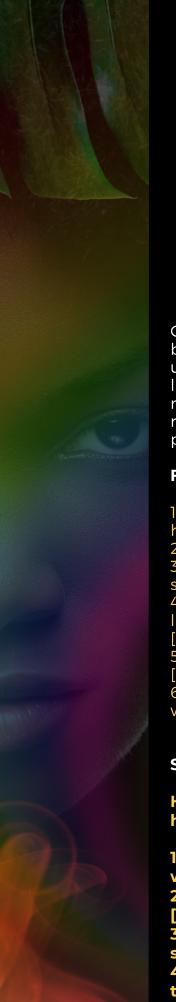
This jar is to sharpen your saw. Successful people all have in common that they sharpen their saw (their brain). Therefore, to emulate the results of successful people, we copy their behaviour.

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]
- Most of my family frequently struggle with money. [y/n]
 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.
- 5. Most of my family wouldn't like it if I had more money.
- 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.
- 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



WORKSHOP BY EHAB MEDHAT

SEXUAL TRANSMUTATION & ABUNDANCE



NOTES

GIFTS

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

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



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



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



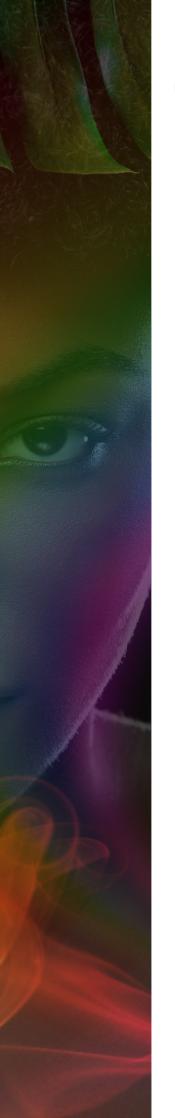
BOOK RECOMMENDATIONS



GREENLIGHTS
BY MATTHEW MCCONAUGHEY



THE POWER OF VULNERABILITY
BY BRENE BROWN, PHD



SET & TRACK FINANCIAL GOALS APP



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.



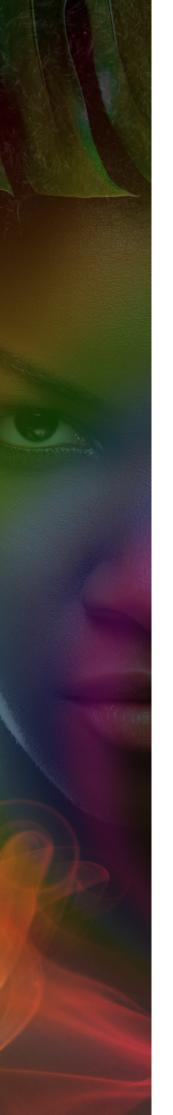
Mint, a versatile app, has been around the longest and that's part of the reason it's the best. It's speedy and reliable, offering detailed and in-depth views (in real time) of U.S. and Canadian personal-finance situations. It has a useful, clean design. You can sign up through the mobile app or the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

credit karma

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, 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



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

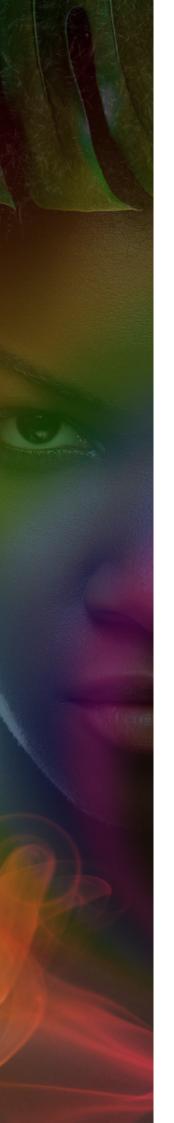
Qapital allows you to save money with relative ease, through gamification and the small actions you take in everyday life. It does require you to open a new account, which is FDIC-insured (no minimum balance or monthly service fee).



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

venmo

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



NOTES



NOTES



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!

