

A close-up photograph of a hand with a ring on the ring finger, placing a coin into the top of a white piggy bank. The piggy bank is on a wooden surface. The background is a blurred, warm-toned fabric, possibly a shirt. The overall lighting is soft and golden.

UNLEASHED EDUCATOR

Calendar Your Quit Day Workbook

*It's time to stop working harder for
someone else and start working smarter
for yourself.*

Day 1: Mind Your Money

CALENDAR YOUR QUIT DAY

Day 1: Mind Your Money

**"YOUR BELIEFS HOLD THE KEY
TO YOUR FINANCIAL SUCCESS."
-JEN SINCERO, YOU ARE A BADASS**

Let's talk about money. Money matters. It's one thing to believe you are worth being compensated well. It is equally important to get clear on how much you need to make to live the quality of life you desire. So let's start there.

There's barely getting by, having just enough, and then there's living your highest quality of life—the life you want for yourself.

When you think about the life you want for yourself, what does that include? For me it included things like: taking family vacations 2x/year, taking an international trip with my sisters 1/year, paying my kids' tuition with one check, having a shopping budget of \$X per month, etc.

When you think about the life you want, what does it include?

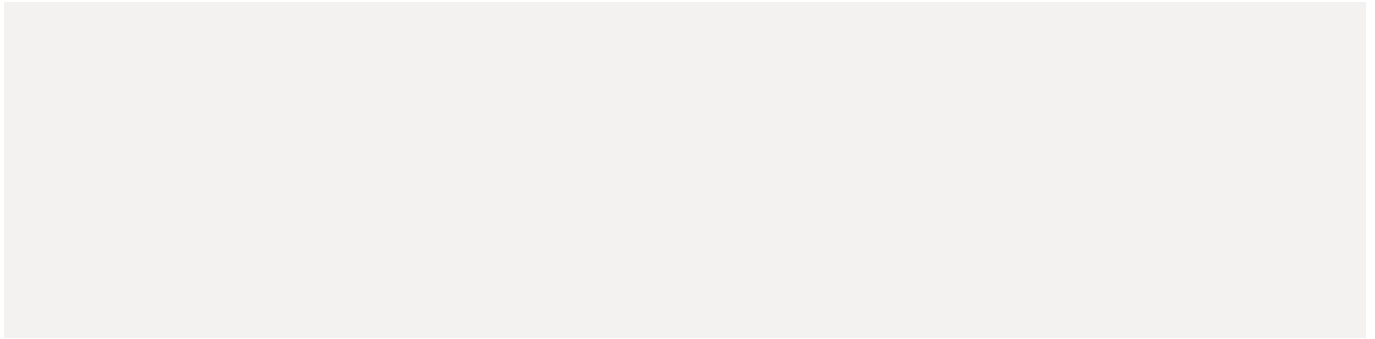
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"RIDDING YOURSELF OF YOUR FEAR AND LOATHING OF MONEY...IS ESSENTIAL IF YOU WANT TO MAKE ANY."
-JEN SINCERO, YOU ARE A BADASS

Half of the money battle happens in the mind. We have to let go of whatever negative associations we have with money.

Write a list of beliefs you currently have about money that may be holding you back. After you've written this list, draw a line through everything on that list.



Now let's figure out how much money you need to live that life. The amount of money you need to make is broken down by necessary expenses (can't live without them) and quality of life expenses (from your list above).

On the next page, write out a list of your current monthly expenses. Break them into two categories: necessary expenses and quality of life expenses (which should include the luxuries and niceties you'd like more of in your life).

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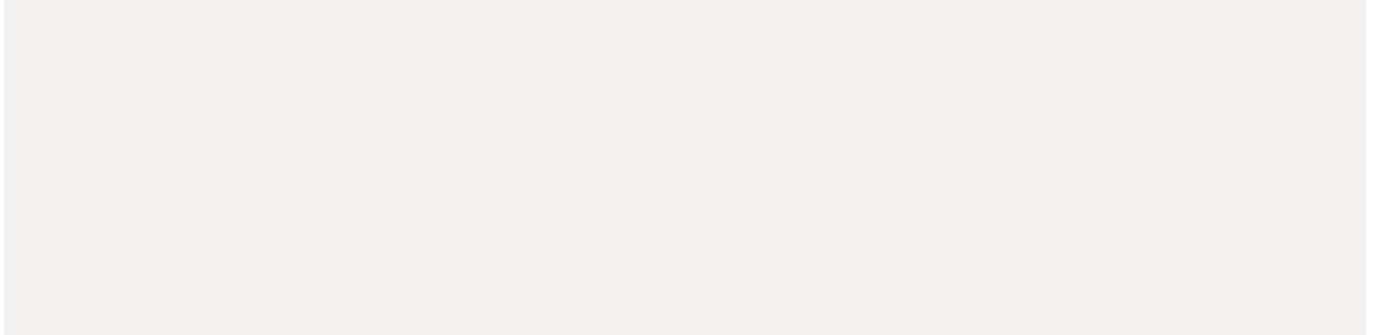
Necessary Expenses/month	Quality of Life Expenses/month
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[(Necessary Expenses + Quality of Life Expenses) + 30% = Your Magic Number (monthly)]
 [_____ + _____ x _____ (30%) = _____]

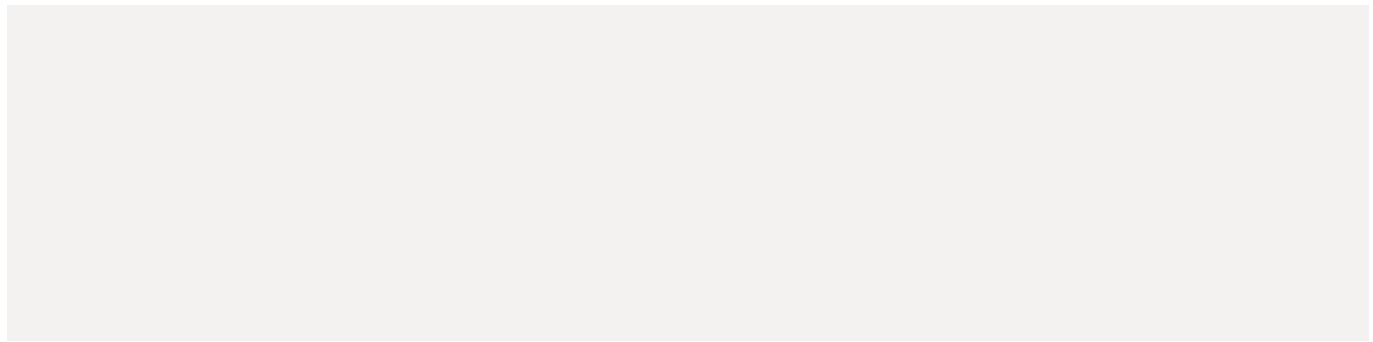
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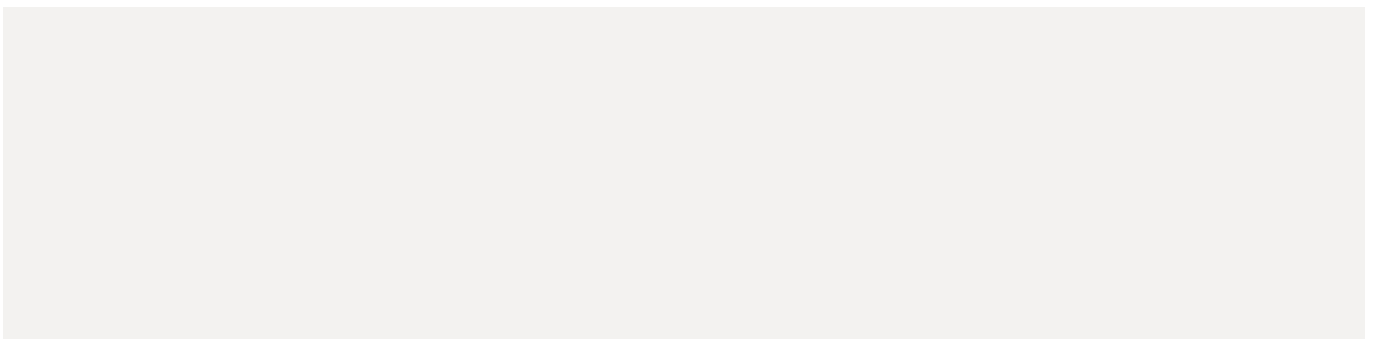
What do you think/feel when you look at your magic number?



If you are going to attract this money to you, you have to let go of your fear, frustration, mistrust, uneasiness about money—and believe you are worthy of your magic number. In the space below, write a note to yourself encouraging you to believe you are worthy of your magic number.



What would you be able to do if you made this amount of money? What would it mean for you? For your family?



"IT'S NOT YOUR JOB TO KNOW THE HOW; IT'S YOUR JOB TO ASK FOR WHAT YOU WANT AND WAIT TO DISCOVER THE HOW, THEN TAKE ACTION." JEN SINCERO, YOU ARE A BADASS

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Day 1: Mind Your Money

"BELIEVE THAT YOU CAN HAVE WHAT YOU DESIRE, THAT IT REALLY TRULY EXISTS AND THEN GO OUT AND GET IT."
JEN SINCERO

When you look at your magic number and what you are doing right now, are you on a path to getting that number? Meaning, can you keep doing what you are doing now and eventually you'll get the number you want? **YES or NO**

If you answered 'no,' that means you will have to do something different. This doesn't mean find another job. It might, but it doesn't have to. What you are going for is the option, having an actionable plan to get to your magic number.

Optional: Now let's start attracting this money! In the space below and onto the back if you need more room, write a letter to your magic number as if it's a friend. Tell it how glad you are to know it and how excited you are to know that they are coming over. (It sounds silly, but if you're going to attract this money to you, you have to have a better relationship/feeling towards it.)

