



Today is the day ...

Description

To make the best financial decision of the day. Are you ready?

Choose to be financially fit. Don't groan it isn't as laborious as going to the gym. You can do it over a cup of coffee!

Financially fit is the result of being emotionally present in your financial life. Where money fuels your life. When comfort and confidence in your relationship with money replaces frustration and anxiety.

No sit ups, no weights, just commitment to yourself.

Start with looking at your income and expenses. Gain understanding where you are spending your money. Money does require some math – it is your financial BMI. Is your income more than your expenses? Great! If not then begin to look at the variables. Can you cut expenses or is it time to find a new job?

Once you have an understanding the next step is to wake up every day and enjoy a cup of coffee while you look at your expected expenses for the day. Make the choices that lead you to a balanced income and expense day.

It is okay if some days are not as wonderful with money as others but it is a relationship worth attention even if some days get a little more than others. It will take about 3 months to really understand this part of your relationship with money.

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