

# Overcoming Your Money Self-Sabotage

When we are "under the influence of emotions" we tend to make poor money decisions and expensive financial mistakes. Use this exercise to identify experiences where you have made money mistakes because you were under the influence of strong emotions, and to plan different future behaviors that will help you create Self-Made WEALTH.

## Experience #1

Think of a time when you bought something "on impulse" - because you were very excited - and you wound up regretting the decision later. Write down your experience, and what you'll do differently in the future as a result of what you've learned in this report

## Experience #2

Think of a time when you sold something when you were in fear, and it wound up costing you big in the long-run. Write down your experience, and what you'll do differently in the future with your new knowledge

## Experience #3

Think of a time when you made a financial decision in your life without getting advice and input from others who had experience and expertise - and you wound up making an expensive mistake. Write down your experience, and what you'll do differently now that you've learned a new way to behave