

IDENTIFY

*Your Money Story*

# How to Use This Guide

1. Review the four stories on the next 2 pages
2. Identify the story that feels most like you
3. Turn to the page of the story you identified
4. Review full description of your story
5. Join the 5 day (complimentary) course to start changing your money story

Guide created by Cassie Parks is a best-selling author of Manifest \$10,000 and Money Mindset for a Champagne Life who has helped thousands welcome more money into their lives.



# Survival

- \* You feel like a hamster on a wheel. No matter how hard you work, there still isn't enough money
- \* You feel constant stress about money and everything else that you need to get a handle on
- \* You are either running at 110% or crashed out

If this feels like you go to page 5 (silver)

# Just Enough

- \* There is always just enough, no more
- \* When you have extra, something comes up you have to spend it on
- \* When an expense comes up, the money magically shows up

If this feels like you go to page 10 (green)

# Money Chaser

\*You will pretty much do anything if you think it will make money

\*You've started multiple businesses or had hundreds of money making ideas that you started working on

\*You will spend money quickly to try and make money

If this feels like you go to page 16 (gold)

# Money Hot Mess

\*Money doesn't really stress you out (you're never worried about having it cause it finds you)

\*You don't feel like you have anything to show for all the money that has found its way into your life over the years

\*You feel somewhat detached from money

If this feels like you go to page 23 (purple)



# Money Story: Survival



This story plays out exactly like the title dictates. If your money story is Survival, you feel like you are in constant survival mode.

You may make a lot of money and still feel like it's never going to be enough because it doesn't matter how much there is, it's still not enough.

The three biggest ways to tell if Survival is your current money story...

- \* You feel like a hamster on a wheel. No matter how hard you work, there still isn't enough money.
- \* You feel constant stress about money and everything else that you need to get a handle on.
- \* You are running at 110% or crashed out.



**This story is very common**  
with single moms and  
children of single moms.  
When this is your story you  
feel like you have to  
constantly work harder,  
although you are starting to  
realize that you're not  
getting anywhere by  
working harder. In fact, you  
might be at the point where  
you say to yourself, "I can't  
physically work any  
harder."



## **How this is showing up in your life...**

### *Physically*

- \*Tired a lot
- \*Exhausted
- \*You might go until you crash  
and then sleep for long, long  
periods





# *Experiences*



- \*Work hard all the time
- \*You have lots of experiences to “survive” like doing something that causes your checking account to be overdrawn so you have to spring into action
- \*You feel like most of the time you’re running around like a chicken with their head cut off

# *Emotionally*

- \*Constantly stressed-if there isn’t something to stress about, you’ll find it.
- \*You feel like, or someone has told you, you’re not good enough to handle money
- \*Drained







## *Behaviors*

- \*You create things to survive. There is most likely always a “crisis” you are dealing with
- \*You often procrastinate because you operate best under pressure
- \*You can kick ass when needed
- \*Poor time management so you can feel the “panic” and kick into high gear

## *History*

It's very likely that your parent(s) was/were in survival mode and you simple picked up the behavior.



# Want to change your money story from Survival?



Join the complementary  
(like cocktails)

5 Day Change Your Survival  
Money Story Course ([click here](#))

# Money Story: Just Enough



The money story of always enough is somewhat similar to Survival. **The major difference is the stress level.**

Your stress is less because it works out, but it never gets better.

**You always have enough, never more, never less. Just enough.** That's good because you don't have to stress or worry because you know if a big expense comes up, money will magically appear. It's not great, because if extra money magically shows up, you know an unexpected expense is just around the corner. You never have extra money in your savings account or feel like you get ahead.



# The three biggest ways to tell if Always Enough is your story...

\*There is always enough

\*When you have extra, something comes up you have to spend it on

\*When an expense comes up, the money magically shows up





# *Thoughts*

- \*It'll be ok
- \*I'll always have enough
- \*It'll work out
- \*Why bother saving.



# *Experiences*

- \*\$1500 extra shows up, the furnace breaks two days later.
- \*Car needs new brakes, \$300 shows up from somewhere unexpected.



**The benefit to this story is that there isn't a lot of stress because everything always works out.**

**The downside is everything is just ok. It never gets better. You don't dream of saving for a big trip or getting ahead because you know something will come along to use up whatever you save.**



**This story can have characteristics of other stories which modify it slightly.**

You can have a **Just Enough story** with **chasing tendencies**. That means that it always works out but you go do the chasing and finding of the money.

Your story is different than that of a money chaser because you aren't constantly chasing. You only do it when you need to in order to keep the status quo.

If you're an entrepreneur this hinders growth because you fear if you go big, you'll have to hustle too much.





# Want to change your Just Enough Story?



Join the complementary  
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5 Day Change Your  
Just Enough Money Story  
Course ([click here](#))

# Money Story: Chaser

This money story plays out much like the title implies. **You chase money.** Likely, **you always have.** There is **never enough money** and it has nothing to do with the money you make. You never feel like it's enough. So, you are constantly chasing it.





# Money Story: Chaser

You have likely joined more than three MLMs in your life.

You get crazy ideas to make money and go right into action. Then the idea fizzles or falls apart.

You are always chasing money and as with anything that is being chased, it probably feels like you'll never catch it.

*It's fine to be a new person with an idea every week in your twenties but it can get old and exhausting chasing money.*





## The three biggest ways to tell if Money Chaser is your money story...

- \*You will pretty much do anything if you think it will make money
- \*You've started multiple businesses or had hundreds of money making ideas that you started working on
- \*You will spend money quickly to try and make money





# *Thoughts*

\*I have to find a way

\*There's not enough money

\*I need more money



# *Spiritually*

\*You are drained

\*Possibly confused

# *Physically*

\*You are tired, possibly exhausted

## *Beliefs*

- \*I have to figure this out
- \*If I try enough things I'll find the right one
- \*Someday one of my ideas is going to pay off



## *Behaviors*

- \*Coming up with a new idea every week
- \*Impulsively dumping money into things you think will make you money
  - \*Joining multiple MLMs
- \*You always have too much on your plate
- \*You don't follow through with ideas after a few weeks
- \*You have 100s of ideas for how to make more money



# History



It's possible you came from a family with a parent who was always chasing money. Or your house growing up lived the story of just enough so you started chasing money so that you could be, do and have the things that others around you had as a kid.

You've likely always been driven or a natural entrepreneur and just haven't figured out how to turn your big ideas into cash yet. So, you feel like you just have to keep chasing the dream of having more money.

# Want to change your Money Chaser Story?



Join the complementary  
(like cocktails)

5 Day Change Your  
Money Chaser Story  
Course ([click here](#))



# Money Story: Hot Mess

You can probably pick yourself by this story title if this is your money story. This is literally the way people with this story describe themselves. If your money story is Hot Mess, you probably make a good amount of money, you just don't know where it goes.





You don't like to be told what to do, so you spend when you want.

You splurge when you want to and you don't have a budget. Why would you?

There always seems to be enough money in the bank. Although, with how hard you work and what you make you have been feeling like there should be more money left over at the end of the month. One of the greatest things about you and your life is that money doesn't really stress you out. And on the other hand you might feel like it's time to get your money act together.





# Three biggest ways to tell if Money Hot Mess is your story...

\*Money doesn't really stress you out (you're never worried about having it cause it finds you)

\*You don't feel like you have anything to show for all the money that has found it's way into your life over the years

\*You feel somewhat detached from money





# *Behaviors*

\*You don't look at your account unless you have to. It's not because you're scared, like with other money stories. It's because it always works out.

\*You take on lots of stuff

\*Money comes to you but it also floats away

\*You don't have any sort of plan with your money

\*You might overspend sometimes but you can easy balance it out the next month

\*You like buying





# *Emotionally*

\*You feel detached from money

\*It doesn't feel hard



# *Thoughts*

\*It'll work out

\*You never "get ahead" or have savings for long

\*Money doesn't feel hard

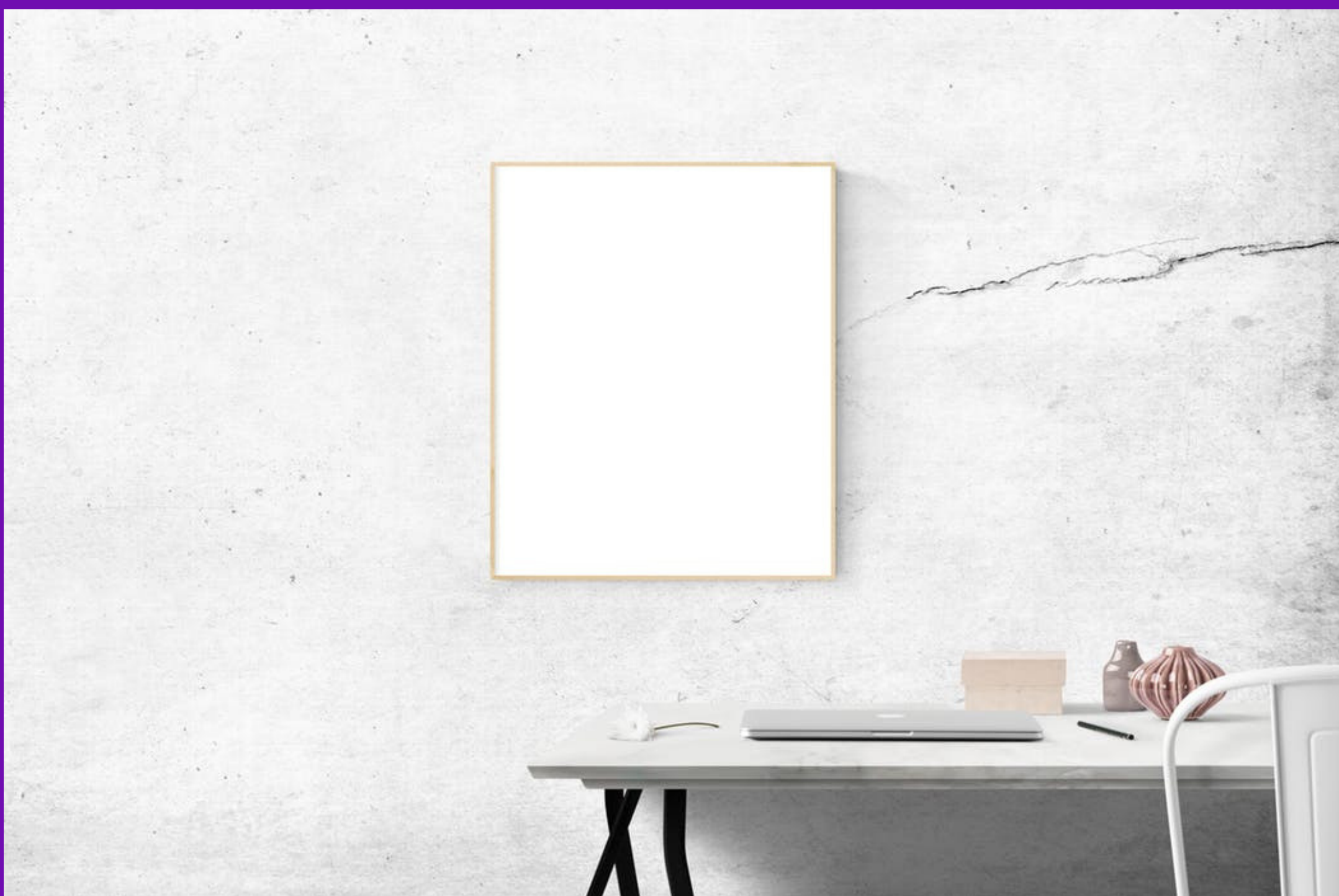
# *Experiences*

\*Money flows into your life

\*Money flows out of your life

\*It's not hard to get money, but you can't seem to keep it

\*Nothing is really wrong in terms of money, your car isn't going to be repossessed and you have a good credit score, but you're not gaining any traction with money and it feels like it's a mess





# *History*



You likely had everything you needed as a kid. Life wasn't extravagant but it was good. You naturally attract money so there hasn't been a need to stress about it or to really think about saving. Creating money comes naturally to you but you no one ever taught you how to take care of money or grow it.

# **Want to Change Your Money Hot Mess Story?**



**Join the complementary  
(like cocktails)**

**5 Day Change Your  
Money Hot Mess Story  
Course ([click here](#))**