

TEN M:MINUTES TO A FINANCIALLY FABULOUS NEW YEAR!

By Jenifer Madson

It's the time of year when we take stock of our lives and resolve to improve in categories like our bodies, our relationships, or our finances, and fitness in any of these areas has as much to do with how we see ourselves in the role as the actions we take to get there; we have to see ourselves as worthy of success for the practical steps to make sense and take hold.

So, our financial success starts with forging a relationship with money that magnificently supports who you are and what you love, and you do that by first creating a new identity with money, and then by building environments to support it and drive new actions. Your choices then become a lifestyle to choose, not a resolution to be broken. Following are the top ten steps to your financial transformation:

1. Release The Past—No matter where you've been with money in the past, it's time to forgive yourself and move forward. You are where you are now, for better or for worse, because of old choices; you can now make new and improved choices for the future.

2. Create A New Financial Identity—Write down statements that express how you want to see yourself financially, and write them in present-day terms, as though they're already true. For example, "I am a great steward of my money" or "Money is my partner in forging a fabulous future."

3. Identify What You Really Want—Figure out what really makes you happy, as opposed to what brings fleeting pleasure. Overspending tends to come from meeting our emotional needs by way of our wallet, so brainstorm more lasting ways to meet those needs, and you'll never again be at the mercy of the mall!

4. Know What It Takes To Get There—Once you know what you want, research what resources—time, money, effort, education, etc.—it will take to get there.

5. Change Your Environment—Whatever you've decided is your new financial identity, align your external environments with that. For instance, if you've decided that you are now clear and organized financially, make sure the physical places where your money resides reflect that identity by being clear and organized also.

6. Build The Right Team—Protect your new "financial self" by building a "mastermind" of like-minded individuals who are also focused on productive financial choices.

7. Develop A Solid System—This includes understanding your financial statements, having a budget, using Internet technology: incorporating anything that has to do with expertly tracking your financial activity.

8. Commit To Accountability—Have meetings as often as you need to with your family and financial professionals to determine whether you're on track to meet your goals.

9. Be Flexible—Life changes, so stay curious about different ways to accomplish your goals to keep up with those changes. If a particular way of doing things isn't getting you where you want to go, look for alternatives.

10. Celebrate!—Take pleasure in all the little victories that accompany your journey to financial freedom. Pat yourself on the back or share your successes with a supportive friend; just don't wait until the big milestones before you acknowledge yourself for the focus and determination you brought to this very important part of your life.

It only takes a minute to do something that can change your life forever. Take the minutes to decide who you want to be financially, and make the minutes to take action on it, and before you know it, you'll have a whole new financial reality!

Jenifer Madson is a Financial Success Coach, an expert in the beliefs and behaviors that bring financial success. She is the author of *A FINANCIAL MINUTE: From Money Madness To Financial Freedom, One Minute At A Time* (August 2006, Clear Vision Press), that can be found at www.afinancialminute.com or jenifer@afinancialminute.com.

