



Mindful Money Guide

Your resource to support
financial wellness



Mindful Approach to Money Guide

It might come as a surprise, but did you know that how you approach money management can be a form of mindfulness?

Examining the definition of mindfulness can help us understand this concept better:

Mindfulness is the state of being aware of something—or simply paying attention in the present moment.

More often than not, we have to pay attention to our finances to some degree as part of our everyday lives. However, money can also be a challenging topic. It can be the cause of stress, or something we avoid because it causes anxiety. It can even be a source of conflict in relationships.

In this guide, you will examine your relationship with money and understand the role mindfulness can play as you manage your finances. In order to develop a solid relationship with what literally puts food on the table and a roof over your head, it's important to explore and understand your thoughts, feelings, beliefs, and patterns around money.

So, take a deep breath and get comfortable. To ground yourself before diving into this topic, try the following practice.

Grounding Exercise

- Take a moment to notice how your body feels right now.
- Glance around your space and take note of five objects. Name them out loud.
- Continue observing and touch four objects near you. Take a deep breath, and feel each one.
- Breathe in again and notice three sounds around you. Name each one.
- Smell two things around you.
- Finally, taste one thing. Take another deep breath—in and out.
- Stop and consider: How do you feel now?

This meditation is called Five Senses Grounding, and you can practice it anytime you need to come back to the present. Practicing grounding can help us become more aware of the present moment. If thinking about money brings about challenging emotions, this practice can help to calm your senses and focus on the task at hand. If any uncomfortable feelings come up, don't worry — you can always take your time with this resource, try one of the mindfulness exercises, and come back to it at your own pace.



Before you jump in, let's reflect: Why is examining your finances or money important to you? You can also ask yourself: How often do you think about financial planning? Are you on top of where your money flows? Jot down some quick notes about anything that comes to mind.

MINDFUL MONEY JOURNALING PROMPTS



In order to be more mindful with your finances, it's important to examine your belief system around money. Select the questions that resonate the most, then use the prompts below to dive into your thoughts and feelings.

From your upbringing, what lessons about money have you learned or absorbed about money?



What are your current beliefs about money? How do these beliefs serve or hinder you?



How do you feel about wealth or those that have a lot of money?



If money was a romantic partner, how would you define your relationship to it? What do you love about it, or where is it falling short?



What is your desired relationship with money? You can use the same framework above (if money was a romantic partner) to answer this question.



If you had all the money you wanted, how would your beliefs about yourself, or your life, change? Write freely, without overthinking. Use your answer as inspiration for an unlimited money plan: How would you spend it, save it, or donate it?



What triggers you to spend money? *Quick tip: Mindfulness and meditation exercises can help to ground you whenever stress or anxiety is triggered by money matters.*

REFLECTION AND INTEGRATION

Now that you've spent some time reflecting on your thoughts, habits, and feelings around money, notice if there are any habits or patterns that have arisen. Patterns can be certain feelings that come up, themes around generational beliefs or stories from your past, or mental blocks that pop up regularly, to name just a few. Here are some examples:

- *I realize that a lot of my spending habits happen when I am stressed out.*
- *When I mindlessly scroll on social media, I am more likely to come across triggers that make me want to spend or shop.*
- *I feel like a lot of my thoughts and habits around money stem from what I observed from my caregivers.*



What are some of your own patterns that you noticed during the journaling exercise?

MINDFUL SPENDING AND MONEY MANAGEMENT

At this point, you're aware of some of your patterns around money, and you can consider how you'd like to evolve your relationship with your finances moving forward. But first, take a moment to breathe.

Remember: Money can be a challenging topic for many people, so if you're feeling anxious, you're not alone. If you need to take a break, you can. Or, just pause to take three slow deep breaths.



Once you're ready, watch this [Headspace video](#) about mindfully managing money. You can jot down reminders and notes about what you've learned below.

When managing or spending money, it's important to have a plan. Our approach shapes everything. Whether it's taking a day to pause before making a purchase,, or creating a budget, or prioritizing paying off debt, you can make things easier by having some guidelines in place. Here are some helpful tips and reminders to shape your mindful money journey.

◆ **TIP #1: Align your spending with your values.**

First, it's important to reflect upon some foundational questions: What do you value most in life? Put another way, what is most important to you, or what makes you happy?

Exercise: Use the two columns below, or grab a journal or piece of paper, to complete the following exercise. Reflect for a moment on what makes you happy and write the list in the left column. Some examples include: *travel and exploration, being in nature, spending time with family, hiking, cooking, live entertainment, playing music, spending quality time with friends, playing board games/having fun, etc.*

On the right side of the table, write next down how much each “value” costs, on average, and how often you would want to participate in that activity. Lastly, go through each value and label them from most important to least important. Take a minute to observe what you’ve written.

WHAT DO YOU VALUE? WHAT MAKES YOU HAPPY?	HOW MUCH DOES EACH VALUE COST?

Reflection: You may be surprised by how often the things you value are either free or low cost. Now, for the things that cost money, like travel or eating healthy food, consider creating a budget so you can prioritize this value.

Moving Forward: Make a plan that will allow you to embrace each of your values in a way that both fits into your budget and satisfies this want. Let's say you prefer fancier restaurants. Can you afford to visit such restaurants once a week, or would once a month feel more reasonable? Remember, this part can be fun. Map out options and get detailed. Maybe you create a list with your favorite restaurants and menus, then add your average spend into your budget. Once you have your plan, test it out. Nothing is set in stone, but being mindful about your approach to support your values can ensure you're spending money in a way that feels right for you.

◆ **TIP #2: Pay yourself first.**

One financial tactic is paying the “bank of you” 10% of your income. When your paycheck comes, give yourself 10%—or, better yet, set up an auto-withdrawal for this percentage to go straight into your savings.

Enjoy it! Use some of it for wants and desires, like buying a new shirt or going out to dinner. When you align your spending habits with your values, your spending habits begin to shift. It’s wonderful to treat yourself, but having an amount set aside to do so can alleviate the stress about making impulse purchases with money you may not have.

◆ **TIP #3: Take a mindful pause before making a purchase.**

This could look like having items in your cart, but taking a whole day to wait before making the purchase. It could be pausing to take a walk, then coming back to make sure you really want to make the purchase. Anything that can help you stop and ensure you’re not being impulsive is a win. And, if you don’t have time to sleep on it, or take a walk, even taking five deep breaths with your eyes closed could do the trick.

◆ **TIP #4: Open your calendar or use reminders to schedule “no-spend” days each month.**

Autosaved credit cards, subscriptions, and more can make it challenging to mindfully spend money. Instead of leaving it up to chance, open a digital or physical calendar and block off days where you intentionally do not spend money on anything (aside from bill payments and other necessities). When you’re more thoughtful about the days you don’t spend, it can help you better appreciate the days when you are able to spend money.

◆ **TIP #5: Create a spreadsheet or space to track your spending habits**

Oftentimes, it’s easier to spend money when you’re not tracking it. However, when you slow down to input each transaction or expense into a tracker, it can help you be more mindful and in the present with your relationship to money. The more diligently you track your spending, the more empowered you feel to make educated decisions about where you put your money.

◆ **TIP #6: Prioritize your mental health.**

Working toward a calmer emotional or mental state can prepare you to make better financial decisions. While that’s easier said than done, consider taking any small steps to support a healthier mind. Think back to some of the patterns you noticed during the journaling section. If being sad, stressed, or anxious impacted your money habits, then addressing these feelings at the root could help your relationship with money. Speaking to a counselor, practicing meditation, and even getting enough sleep are all ways you can support your mind, body, and emotional world.

◆ **TIP #7: Practice gratitude.**

Gratitude is one of the simplest practices you can use to reframe your mindset and shift any negative or limiting beliefs. Here’s an exercise to try at the end of your day: Name five things that made you feel grateful or abundant, either in your head or written in a journal. Setting aside time to be grateful, daily, can help remind you of the abundance in your life while combating your limiting beliefs or negative thoughts around money.



NOTES & TAKEAWAYS

Take a moment to write down any realizations, mantras, reflections, ideas, or tips you gathered while going through this guide. You can revisit your notes anytime you need a refresher or use them to start a money journal. Remember, lasting change starts with small, consistent, and actionable steps. This week, try just one or two of the tips you've noted, and build from there.



Thank you

