

THE STEP BY STEP GUIDE HOW TO SAVE MONEY AND FEEL WEALTHY



Hey, I'm Jen Turrell

Setting up successful ways to save and work your money is the cornerstone to feeling wealthy.



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INTRODUCTION

Setting up successful ways to save and work your money is the cornerstone to feeling wealthy. This e-book will guide you on a step by step journey on how to do it.

Money. You know you need to make some, you probably owe some and you don't feel like you ever have enough.

You want to get ahead, but you're too busy or overwhelmed – or maybe a little scared – to take a hard look at the numbers.

Managing your money leaves no time to use it the way you were meant to. Instead, learn how to set up your system and monitor it – so you can enjoy spending time with your family, not sweating which bills are due next week.

“It's time to take back control.
It's time to own your finances
(rather than letting them own you).”



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CHAPTER I: WHY DO WE NEED TO SAVE?

If saving has always been something that “other people do”, here is your guide to why it’s important in your life, too.

You will learn the most important reasons to save money, what wealth really means, and why it matters.

- The Importance Of Having Capital
- Why Saving Money Is Important
- The Most Important Reasons To Save Money

CHEAP IS ABOUT COST.

**FRUGAL
IS ABOUT
VALUE.**



**JEN
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- Why Americans Aren't Ready For An Emergency
- Why Be Wealthy?
- Signs You Suffer From A Financial Disorder
- Change Your Money Story For A New Money Future
- New Challenge: Save \$1,000 In 1 Week



CHAPTER 2: DEALING WITH BLOCKS, FINANCIAL FATIGUE & OVERWHELM

Sometimes, despite our very best intentions it can all just feel too much.

Financial fatigue and lack of motivation can make it really hard to get started- everything feels like an effort, stuff gets in the way, and those numbers don't get tracked.

These resources have got your back.

- Staying Motivated With Financial Fatigue
- How To Cope With Financial Change
- How Make Money Dreams Reality + Stay Focussed
- Why Financial Failure Is Your Friend
- How To Tell If You Are Financially Stressed
- Getting Help For Financial Stress
- Money Hurdles That Keep You From Being Wealthy
- Cash, Truth And Upper Limit Problems
- 3 Ways Your Money Blocks Are Killing Your Business
- 4 Stupid Things Women Say About Money
- 7 Ways You're Getting Sucked Into Other People's Money Dramas (& What To Do About It)
- 3 Harmful Money Lies We Tell Ourselves
- 3 Common Money Mistakes Women Make
- 3 Financial #Fails
- Signs You Suffer From A Financial Disorder
- 3 Things Keeping You In Debt



CHAPTER 3: WHY BUDGETING DOESN'T WORK

Budgeting is often touted as the way to sort out your money and get on track. Creating a plan is different from budgeting, and often being on a budget is like a diet - it creates a feeling of lack, a far cry from abundance.

Budgeting doesn't work - here's why:

- Heroic Budgeting Is Dangerous
- Why Your Budget Isn't Working For You
- Reasons Budgeting Doesn't Work
- 4 Reasons Budgeting Won't Work
- Why I Don't Budget
- The Latte Factor And Why It Doesn't Work
- Why I Don't Budget And Neither Should You



CHAPTER 4: HOW TO FEEL WEALTHY (Even When You Aren't - Yet!)

Feeling wealthy is key to making your financial goals work. Getting into the mindset of feeling wealthy is a crucial part of making your money feel good, making it work for you and to achieve your financial goals.

Even if you aren't a millionaire (yet!) here is how to have a wealthy mindset.



- How To Feel Rich
- Feeling Rich Before You Are Wealthy
- How To Look Rich Without Having Money
- 5 Ways To Feel Wealthier Today
- How Can You Feel Rich While Being Frugal?
- The Spirit Of Giving
- How To Feel Rich Even If You Aren't Yet
- How To Feel Abundant Even When You're Broke

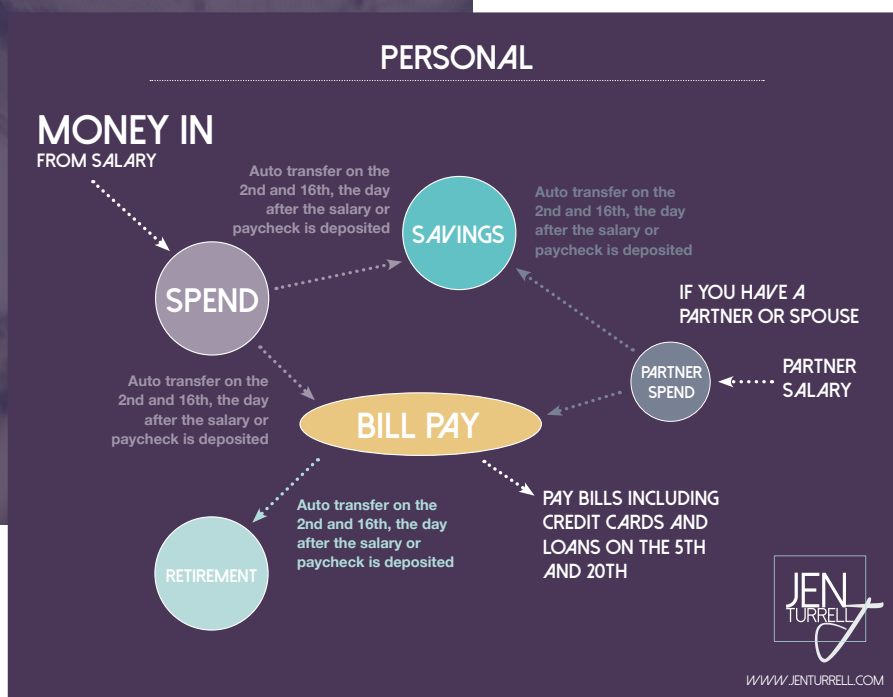


GETTING STARTED & SETTING UP SUPER SIMPLE SYSTEMS

Setting up simple systems to help automate your money as much as possible really helps to reduce the overwhelm and barriers to wealth.

By having systems in place, you are less likely to forget to save, to pay bills, or to track your transactions.

- Great Tips To Get You Started
- How To Start Investing
- Your DIY Financial Planning Guide
- How To Start & Build Up Your Emergency Fund
- Saving Ourselves From Not Saving
- How To Create A Financial 5 Year Plan
- How To Reduce Your Taxes
- The Fastest Way To Create Abundance In Your Business
- Automating Your Personal Finances



- The Progression Principle: From \$4.95 To \$15,000 In A Single Day
- How To Create A Home For Your Money
- Get Financially Naked
- The Spaciousness Of Simplicity

CHAPTER 6: MAINTAINING MOMENTUM AND WINNING WITH MONEY

So often, bad habits come back if we don't keep up the good work and make systems part of a daily, weekly, or monthly ritual.

Here are some resources to help you stay focussed on your money and making it work.

- Wait To Celebrate Windfalls
- Why Saving Money Is Easy If You Set The Right Goals
- How 5 Daily Habits Can Rock Your Money World
- 10 Money Mistakes To Avoid
- Why Becoming Wealthy Is Like Becoming An Olympic Athlete
- How To Calculate Your Money Change
- How To Create Explosive Growth In All Areas Of Your Life
- Cash, Truth And Upper Limit Problems



CHAPTER 7: TOOLS, APPS & RESOURCES TO AUTOMATE MONEY MANAGEMENT

Tech is so much a part of our daily lives.

Using apps and smart working to help manage money is a no-brainer, and these resources have got your back.

- 5 Apps For When You Can't Afford A Bookkeeper
- Three Apps For Money Management Woes
- These 5 Apps Can Fix Your Finances
- The Only 3 Budgeting Apps You Need To Know About
- 7 Top Money Management Apps
- Why Tech Should Take Care Of Your Finances
- How To Amazonise Your Payment Systems



CHAPTER 8: MAKING PERMANENT CHANGE TO YOUR MONEY AND WEALTH



- Creating Motivation For Change
- How To Ensure Positive Changes Turn Into Lifelong Habits
- Insanity And Perseverance
- Change Is Hard: Willpower Vs. Habit
- Don't Give Up On The Luxuries
- Using Pinterest To Combat Buyers Remorse
- Marrying Your Business Finances For Richer For Poorer
- 5 Myths Of Personal Finance (Plus: Stupid Advice)
- Frugal Habits Of The Millionaire Next Door
- 6 Simple Steps To Ensuring You're Not Wasting Your Precious Time
- 6 Steps To Making The Right Financial Decision Every Time
- Change Your Money Story For A New Money Future





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