

5-Minute Money Mindset Reset

If money feels heavy, you're not alone. This mini reset is here to help you slow down, breathe, and take one gentle step forward.

Step 1: Breathe & Affirm

Take a deep breath. Now say this aloud or in your head:

"I am not behind. I am building. One step at a time."

Step 2: Reflect

What's one money thing that's been on your mind lately?

Step 3: Reset the Narrative

What would a supportive voice say to you right now? Example: "You are doing better than you think."

Step 4: One Next Step

Choose one small action you can take today. Examples: check your bank balance, move \$10 to savings, cancel a subscription.

 *After this exercise, you will notice a shift in your mindset about where you are on your money journey!*

Bonus Encouragement

Here are a few mantras you can speak or write to yourself throughout the week:

- I spend in alignment with my values.
- My money decisions support my future self.
- Every dollar I manage well is practice, not perfection.

 **I would love to hear how this has helped you. Comment below or send me a DM.**

And remember: You don't have to figure this out alone. Join the [Wealth Warriors Community](#) of people on a similar journey.