

Money Mindset Mastery Checklist



Congratulations you downloaded the
Money Mindset Mastery Checklist!



Hey I'm Aimee Cerka, the
Money Confidence Coach!

If we are just meeting then what you'll learn about me is that I'm passionate about helping others make the most of their finances and empowering them to be able to create the life that they want to live.

The best part about it is, that what that life looks like for me isn't necessarily what it looks like for you and that's okay!

With that in mind though, I want you to know that I will be straight to the point with you. If you had what you were looking for now, then you wouldn't need me!

We all create these dreams of what we want our lives to look like when we are kids, but the important skills to help us get those dreams are not taught in high school or college.

Our parents don't even know most the time because society has evolved quickly and the rules that are applicable today are not the same ones that applied to them. (That applies to everyone, it doesn't matter how old or young you are.)



Money Mindset Mastery Checklist



Imagine finally being able to achieve those financial goals you've set and just never been able to achieve...

What about that feeling you've had that you should be doing more and you just don't know why you haven't been able to make it a reality?

Each of our money mindset blocks are different but they come from similar stories. I might not know what your specific money mindset block is yet but know that we all have them regardless of income level, so keep an open mind and dive in!

After you complete this simple checklist - make sure to take the next step so you can make your work actually stick. Let's equip you to achieve that unshakable money mindset sooner than you can imagine.

Money Mindset Mastery Checklist

- 1 Start With Gratitude** – It has been proven in countless studies that when you begin and end the day with gratitude, you can handle the curveballs of life easier. So write 10 things every single morning that you're grateful for. Ideally, these are handwritten. But if needed, they could also be verbally spoken.

Resource Alert: The Gratitude & Goals sheet I use can be found, [HERE](#).

- 2 Time To Celebrate** - Yes. Celebrate good times lol. Again, it might seem simple or irrelevant. But especially if you are a go-getter... You're probably bypassing those victories. Write 5 things you accomplished every single day – big or small. Also, when you have a big victory – celebrate it then! Handwritten is always best, but you can also text it to a friend or coach so they can celebrate with you!



Money Mindset Mastery Checklist



3 The Past Isn't The Present – Repeat after me. My past does not define my future. We all have stuff that has happened in our past which is fine – after all you're human aren't you? The problem is that “stuff” is holding you back. This is how this typically shows up. You had a traumatic situation (maybe a financial crisis that you barely got through). Your subconscious knows that was a painful time and doesn't want to go back. So any time an emotion or thought comes up that remotely feels like that past circumstance you stop all progress to protect yourself... But it's all subconsciously.

4 Manage Your Association – Do you remember when your parents used to tell you not to hang out with certain people because they were a bad influence? Yeah, our parents actually knew what they were talking about here, shocker, right? Essentially, you need to surround yourself with those who are positive and looking to grow just like you are. Social Media/TV/Radio etc. are all a part of this as well, negativity and fear sell and those are businesses looking to grow. You need to protect your mental health and turn it off. The 5 people you hang around most if you average their income, that will be your income. This is why association is such a key component of Money Masters Inner Circle.

5 Use A Money Management System - Budgeting is a part of this system, but it's more than that. The money management system sets it up so that your money is working for you! If budget feels like a dirty word or like, it will limit you – that is not the purpose of it. Someone will be intentional with your money whether that's advertising/marketing by businesses or you – that part is up to you.

Resource: Create and implement a money management system [Learn More HERE](#).



Money Mindset Mastery Checklist



6 Work With A Coach - Yes, you are amazing and probably can do it all. Yet, you are in the picture. A coach's job is to help you get to the place where you want to be faster by getting past blind spots and the roadblocks along the way that are harder to recognize and objectively handle because you're in the picture. That's what money mastery coaching does.

7 Become Aware Of Prior Influences - Did you see your parents fight over money growing up? Did your parents have it all and lose everything? Maybe you had a great childhood, and you could have everything you wanted, but everything was cheaper back then so you don't like to spend money on yourself now? That is just a couple examples, but much like #3 we need to be aware of what our tendencies are from the past.

8 Set A Goal & Visualize - What is your financial goal currently? Do you have one? A specific one? More than one? We should. How can you go on vacations if you don't know where you want to go and how much you'll need to get there? What about creating that financial security to know that your family is taken care of in times of crisis? Financial goals help you fund the things you want and need. You also need to be looking at the things you are working towards every day.

Resource: Financial Action Guidebook To Jumpstart Your Finances Quickly - this pdf teaches you how to set goals you can actually achieve. [Claim It Here](#)

9 Finding Your Triggers - What is one of your triggers? When something bad happens, what do you do? Do you shut down? Give up? Grab some chocolate? Binge eat? Identifying what your go to triggers are can help you to regain control of the situation. So, if you get bad news or start to stress and you always go to binge eat. Once you're aware of it - set a timer. Make yourself wait 5 minutes before you go eat. It's not always food, maybe you go shopping. The key here is to learn to recognize what it is that you do.



Money Mindset Mastery Checklist



- 10 Take Action** – We briefly mentioned it already but if you aren't consistent with this... It won't stick. Find ways and help to set up the resources and support you need to stay on the track that you need to. We won't eliminate setbacks or breakdowns but if you create the support system and resources to rebound then you'll have an unstoppable money mindset.

Resource: Money Masters Inner Circle – see next steps for special discount.

Next Steps

Now that you've completed your 10 step checklist and you're on the path to creating an unshakable money mindset. You have 3 options

- ① Take it and run - you've got these 10 steps. Stay consistent and make it happen! After all you've got this
- ② Test drive Money Masters Inner Circle. That is the place to be to implement these steps we've just talked about, get your questions answered a community to help keep you on track.
[Test Drive Money Masters Inner Circle](#)
- ③ Money Mastery Breakthrough Session - if you feel like you've got it figured out but you just want to solidify your new knowledge then this is for you. [Book Money Mastery Breakthrough Session](#)

No matter what you choose
- don't forget to say hi!



Instagram: @aimeecerka



Email: aimee@aimeecerka.com

