

# **ON THE BALL**

**MASTER YOUR MONEY MINDSET**

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WITH IZABELLA LEVEY

## MASTER YOUR MONEY MINDSET

In the football industry, money isn't normally seen as an "issue". Professional footballers receive more income within a 10-15 year period that most people do in an entire lifetime.

But behind-the-scenes, the facts reveal the real story. **40% of football players go bankrupt.**

Making the money isn't the issue in this industry. **Mastering and managing money**, however, is.

The way you currently perceive money, aka your "money mindset", will predict your future finances. It drives you to **make monetary decisions every day.**

The number one reason why people are unable to master their money is because they have a negative relationship with having it.

Your **relationship with money** is based on the story you have about money, so it's time to rewrite it.

## YOUR MONEY STORY

In order to really transform your money story, we need to comprehend where it came from. Use the space below to answer the following questions.

### YOUR UPBRINGING

***What was your mother's relationship with money? What did she tell you about money? Do you remember certain moments? What did you learn about money from your mother?***

***What was your father's relationship with money? What did he tell you about money? Do you remember certain moments? What did you learn about money from your father?***

***Repeat this process for any other significant relationship in your life (guardian, sibling, relationship etc.)***

## YOUR ADULTHOOD

***Now you are aware of your childhood, let's look at what has occurred during your adulthood. Entering adulthood what experiences did you have with money? What did you learn about money?***

## **YOUR MONEY BELIEFS**

You have reflected on your past and now you are going to dive deep and uncover what your beliefs are around money. This may be a new realization to you so allow yourself the process.

**What are your belief about money?**

**What are your fears and doubts about money?**

**What is stressful to you about money?**

## **YOUR GOODBYE LETTER**

Write a goodbye letter to money as if it was an actual relationship in your life. Go into depth of how money has treated you, what you think about it, how you feel about it, what makes you mad/sad about it.

**Dear Money...**

## **DEVELOPING YOUR WEALTH CONSCIOUSNESS**

**Now it is time to create a new relationship with money. What do you desire your top 3 new beliefs about money to be?**

Just like a plant, we need to water it to grow. The seed has now been planted, and in order for us (and our bank accounts) to grow, we must work on it every day.

**It is time to develop your new routine.**



**What are your top 3 money mantras?**

*This is a statement said out loud which allows you to reprogramme your mind for financial success.*