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Money Mind\$et Monday



***Catch The Pattern:
What Keeps Throwing You
Off Your Financial Habits?***

✦ Sometimes the biggest block to progress is the pattern we haven't noticed yet. And you can't shift what you haven't named, so let's start naming those patterns.

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So You Set The Habit...But Life Happened

1



- You've **challenged** money beliefs
- You've **checked** your spending
- You've **started healing** old habits

But Then.....

- **You Got Busy.** You Got Overwhelmed. And then...**You Forgot.**
- Don't worry, it happens. But let's not ignore **WHY IT HAPPENED.**

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Patterns That Might Be Disrupting Your Progress

2



- You spend when you're **emotionally triggered...**
- You tell yourself "I'll look at my finances tomorrow..." **EVERY DAY**
- You start strong, and then you **slip once and spiral**

It's important to know at that if any of these happen consistently, then these aren't just slips. **THEY'RE PATTERNS.**

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Awareness Is Power:

Recognizing what throws you off = your greatest advantage

3



Ask Yourself:

- 🔍 • What **keeps** getting in the way for you?
- 🔍 • Is it a moment, a mindset, or a **trigger**?
- 🔍 • What can I shift this week to **stay aligned**?

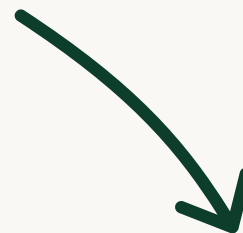
*The goal isn't perfection, it's progress **WITH INTENTION.***

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Challenge Activity:

For the next 3 days, track your **interruptions**, not just your wins



4



Ask Yourself:

What **derailed** your plan?

How did you **respond**?

What can you do differently **right now**?

Catch the pattern. Then **RECLAIM THE HABIT.**

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Stay Consistent with Support

*You're not doing this alone. This week's **Financial Growth Expansion Challenge** is all about catching your patterns and tracking your triggers. Then, you can **respond with strategy and intention**.*

*Join the Free **COIN-CONSCIOUS**
Accountability Group
to get free reflection prompts, activities +
midweek check-ins to help **YOUR HABITS**
STICK.*

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