

EPISODE 004 - Managing your Self-Talk

There is a quote by Beverly Ingall that I want to share with you. “Turn down the volume of your negative inner voice and create a nurturing inner voice to take its place.”

Why is it that when we are already down in the dumps, we become our biggest critic? Why is it that when we make a mistake, instead of learning from it, we obsess over it?

To help us go through a divorce, we must all be aware of our self-talk. Our biggest pep talk comes from within us.



I would like to share five tips on managing self talk about money:

- Acknowledge our past relationship with money
- Identify the situations and topics that can create feelings of shame, guilt and anxiety
- Choose to begin our day with positive affirmations
- Extend grace to yourself
- Be open and intentional to the change process

Listen in as I expand on these tips and help you manage your self-talk. Remember that financial confidence begins with a little pep talk.

In this episode, I have mentioned Kathleen Burns Kingsbury. She is a wealth psychologist, and someone I greatly admire. I had the opportunity to be a guest on her podcast. If you would like to listen in, click the link. <http://www.kbkwealthconnection.com/financial-psychology/financial-literacy-poverty/>.

Be sure to reach out if you would like to connect personally with The Women's Financial Wellness Center. You can visit our website at <https://www.womensfinancialwellnesscenter.com> or grab a complimentary 30-minute consult at <http://bit.ly/dashboardwfwc>.