

What are your beliefs when it comes to money? Is it evil? Good? Or do you look at it as a tool?

Money essentially is an objective tool, but we connect it with a lot of emotion, that's why it's not only a financial topic but an emotional one.

In this episode, we are going to have an assertive financial conversation about the 10 paradigms regarding financial wellness. These 10 beliefs which we are going to explore can help you go from "Financial Self-Sabotage" to "Financial Self-Confidence". Understanding how money works, results in us becoming brilliant decision-makers.

When we have access to knowledge and information, we have choices – a choice to do nothing, a choice to go out there and do it on your own, find someone you can collaborate with or help you with in order to make good financial decisions and live a more financially well and money-confident life!

I believe that women, when they have the right information, make really good decisions! Wealth in the hands of women is a good thing because we're always thinking about others. And that's what makes us great – helping other women be empowered.

In this episode, we discuss:

- My family history about money.
- How I built up my business and helping women build confidence when it comes to handling money and their financial life.
- Family history is very important in relation to money.
- Your attitude toward money.
- Money is Unfaithful.
- The Rule of 72
- Financial literacy is a lifestyle.
- The importance of Financial Literacy and Financial Education especially to women.
- Budgeting or "The Spending Plan"
- 3 Types of Communication
- Knowledge + Experience = CONFIDENCE
- The importance of having difficult money conversations.
- A.N.O.T. Tool for Negotiating.
- The definition of "Financial Wellness"

I did then what I knew how to do. Now that I know how to do better, I do better! – Rhonda Noordyk

RESOURCES:

[Divorce Conversations for Women podcast](#)

The Rule of 72 by Albert Einstein

[University of Wisconsin Extension – Financial Coaching Training](#)

[Mint.com](#) – an automated tool for budgeting

[Beautiful Budget Online Course](#)

Visit the Women's Financial Wellness Center for a [full directory listing of experts](#).

Be sure to reach out if you would like to connect personally with the Women's Financial Wellness Center. You can visit [our website](#) or grab a [complimentary 30-minute consult](#).