

# KATIE JEFCOAT

## KICKSTART WITH KATIE

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*Hey Gorgeous,*

*Welcome. I am so excited you are here! If we were in person, we'd be sitting on my sofa, sharing a steaming cup of warm coffee chatting about living our best life. Since we can't be physically together, I hope this is a start to a beautiful online friendship.*

*This PDF guide is just the start to uncovering your money mentality. We dig into each of these sections in my upcoming self-guided course launching in early 2019.*

*If you are called to connect further, join me as a founding member of our collaborative Facebook community. Search "Katie Jefcoat - Kickstart With Katie" in Facebook groups and it should pop right up.*

*Coffee with Katie, my weekly newsletter is filled with all types of random nuggets - imagine what we'd talk about if we were sitting together on my living sofa.*

*So, absolutely make sure you are on my mailing list so you can get first access to the exclusive VIP discounted course rate - only available to Coffee with Katie subscribers.*

*Join here: [www.KickstartWithKatie.com](http://www.KickstartWithKatie.com)*

*xoxo,*

*Katie*

# UNCOVER YOUR MONEY MENTALITY STORY

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CLOSE YOUR EYES - BEGIN TO IDENTIFY THE MOMENT YOU FELT THAT MONEY HAD POWER.

*Prompts: Was there a situation with a family member where you were told "money doesn't grow on trees" or were you told "we can't afford it"? Maybe it was something you witnessed? Did the adults in your home argue when paying the bills or did they argue when deciding how to spend money?*

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PUT YOURSELF IN THAT PLACE: WHAT DID YOU TELL YOURSELF IN THAT MOMENT ABOUT MONEY?

*Prompts: Did you love money? Did you think wanting money was bad or greedy or selfish. What were you taught about wealthy people growing up?*

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LIST THE LIMITING BELIEFS YOU ARE CURRENTLY CARRYING AROUND ABOUT MONEY.

*Prompts: I'm flat broke. I don't have a dime to my name. Making money is hard. I never have enough money. Wanting money is selfish.*

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BEGIN TO SHIFT YOUR MONEY MENTALITY.

*Try this: Immerse yourself in your "next level," whatever that is for you. When you are at the mall, browse in a store your former self would never purchase something at.*

*Are you saving a special body lotion for special occasions? Go use it, right now! And smile, feel grateful for the smell, the texture, the positive emotion it brings you when you wear it. You are worthy of fancy lotion every single day.*

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JOIN OUR FACEBOOK COMMUNITY TO CONTINUE THE CONVERSATION @ KATIE JEF COAT - KICKSTART WITH KATIE

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