



## Positive Money Mind – Creating Your Positive Emotions Statement

Welcome to the first step in developing a “Positive Money Mind” around saving for the holidays. Before you jump into the nitty-gritty work of your Christmas numbers, you need to develop a REASON for wanting to save money, minimize debt, and pay cash for Christmas.

This exercise is the first step in creating your positive money mind. You are going to discover what the important positive emotions are that you want to experience during Christmas. Instead of focusing on WHAT you need to spend money on, you are first going to focus on the EMOTIONS you want to experience during Christmas.

Let’s get started.

### Take Action: Finding Your Five Most Important Positive Emotions

Complete the exercise on the following pages to help you discover your most important Christmas Positive Emotions. Follow the arrows to guide you along step by step.

You can complete this exercise in this word document, but I suggest printing this document out and doing this exercise with pen and paper. The tactile experience of selecting your positive emotions on paper makes a difference.

### Step One: Scan the 100 Positive Emotions on the next page

Scan the list of 100 Positive Emotions on the next page and CIRCLE the emotions that **immediately** grab your attention. Try not to pause and think about each emotion, circle only the ones that have an impact on you.

(The List of 100 Positive Emotions has been created from a larger list of 300 Positive Emotions you can find here: <http://www.alittlebookof.com/positiveemotions.html>)

Abundant	Compassionate	Gratitude	Passionate
Accepted	Composed	Grounded	Patient
Accomplished	Confident	Happy	Peaceful
Active	Connected	Harmonious	Popular
Adored	Content	Helpful	Positive
Agreeable	Cooperative	Honest	Prepared
Amused	Courageous	Hopeful	Prosperous
Appreciated	Decisive	Humorous	Purposeful
Assertive	Delighted	Important	Reasonable
Attached	Dependable	In control	Recognized
Attentive	Desirable	Included	Relaxed
Attractive	Eager	Inspired	Reliable
Authentic	Easy-going	Invigorated	Restored
Awesome	Efficient	Joyful	Satisfied
Balanced	Elegant	Kind	Secure
Blessed	Empowered	Loved	Sharing
Blissful	Encouraged	Lucky	Simple
Bonded	Enthusiastic	Mindful	Spiritual
Calm	Firm	Motivated	Successful
Caring	Flexible	Neat	Supported
Centered	Forgiven	Non-judgemental	Tender
Cheerful	Fortunate	Open Hearted	Understanding
Cherished	Friendly	Optimistic	Unselfish
Clean	Fulfilled	Organized	Valuable
Comfortable	Graceful	Pampered	Wealthy



**Step Two: Transfer your circled emotions to the spaces below. Take a break and return to step three with fresh eyes and a clear mind.**


**Step Three: Revisit the list of emotions above and circle the top ten emotions in that list. Transfer those ten emotions below:**



(Note: this is a great spot to use meditation or a spiritual practice to sit with the above emotions and select your top ten)




**Step Four: Copy each of your top ten Positive Emotions below, then write why this emotion is important to you during the holidays.**

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

**Step Five: After writing out why each emotion is important to you, circle the emotions that now feel most important and transfer them to the next page.**



**Step Six: Write each of your remaining Positive Emotions below, then write down a situation during the holidays that would result in you experiencing this Positive Emotion.**

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_

**Step Seven: Looking at your remaining Positive Emotions above rank these Core Values from 1 to 5 in order of how important you feel they are to you during the upcoming holiday.**

This is an excellent time to use meditation or your spiritual practice to help with this decision.

List your top five Positive Emotions, in order, below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Crafting Your Positive Emotions Statement**

Next you want to turn this list of five Positive Emotions into a tool you can use as a filter when making important money and non-money decisions during the holidays. This is your Positive Emotions Statement and you craft it by turning your positive emotions into an easy to remember sentence that you can read and repeat when making important decisions about the holidays.

Personally, I have difficulty remembering my top five positive emotions so I pick the three that are the most important to me and use them to craft my statement.

Take 3-5 of your top Positive Emotions and use the space below to craft those emotions into a simple sentence that you can remember (or write it down and reference it) whenever you are thinking about the holidays:

You can use your Positive Emotions Statement when:

- Creating your savings and spending plan for the holidays
- Making travel plans or inviting people to your home
- Deciding on the food you will need
- Reflecting on whether you really need to buy that latte or purchase another gift

This statement can be used to help with any of the important decisions you will make leading up to and during the holidays, and will help you to create the holiday experience that will impact you and your family the most (instead of just spending a whole bunch of money with no clear reason why).

Congratulations! You are done with the first step in developing a Positive Money Mind for the holiday season. In the next lesson we will be creating a mind map of your ideal Christmas.