

# WEALTHY FROM WITHIN

## A SELF-WEALTH MINDSET

### There is Value in the Valley



We often think of peaks and valleys as good and bad times, but they also include the feelings you experience and your response to external events.

Your personal peaks and valleys are an essential part of a normal and healthy life! Valuable lessons are learned in the valleys. Looking at the bigger picture can help you to concentrate on what matters most.

The pain you feel in a valley can wake you up to a **truth** that you have been ignoring.

How you manage your valley determines how soon you reach your next peak.

If you don't learn in the valley, you can become **bitter**. If you learn, you can become **better**.

Getting out of a valley occurs when you **choose** to see things differently.

### Create a Self-Wealth Mindset

Goal-setting helps us turn our dreams and desires into reality. The first step is setting **SMART** goals: specific, measurable, attainable, realistic, and timely. Making both short and long-term goals can help you be healthier and happier. Need some tips to help stay accountable?


- 💡 Share your goals with a loved one who can be supportive and encouraging. This can be a great motivator during your journey.
- 💡 Create a vision board to help you visualize what you want and maintain focus. Fill it with pictures of the life you see for yourself.
- 💡 Use a goal jar. Add a stone to the jar to represent milestones and celebrate achievements as you work toward your goals.


Choose goals that allow you to live a life that optimizes your self-wealth!


**W**rite down what you want.  
**E**nvision your future.  
**A**ffirm your attainable goal.  
**L**ist the steps to get you there.  
**T**ake action.  
**H**old yourself accountable.


## Thoughts Become Things

Your mindset is determined by your thoughts, attitudes, and beliefs, and this influences your mental, emotional, and physical health. Positive thinking can increase feelings of self-worth, improve coping skills, reduce the risk of depression, decrease anxiety, and increase lifespan. We attract what we think, so be mindful of your thoughts.

 We talk to ourselves all day long, and what we think influences how we feel. People who practice positive self-talk tend to be more confident, have fewer negative emotions, and have greater satisfaction in life.

 Setting an intention is a way to align your mind and heart. It allows us to become more mindful and offers motivation and purpose. Some examples include “I intend to see the good around me” or “I will respond with compassion and understanding”. Write out an intention and repeat it to yourself throughout the day.

 Practice gratitude daily. Having appreciation can give us a happier outlook on life. It helps us see the good we already have in our lives and changes our perspective to attract more joy. Write down what you are thankful for and share positive experiences with others.

 Welcome positivity into each day. Create an idea or dream journal and fill it with drawings, photos, poems, dream vacations, and anything that inspires you. Fill a jar with positive quotes and start every day by reading one. Write down the accomplishments and positive events that you experience during the day.

 We all enjoy feeling productive. Write a daily, weekly, or monthly to-do list. Cross items off your list as you accomplish them – that’s always a great feeling! Even if new tasks are added, the checkmarks remind you that you’ve been productive.



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