



MIDLIFE MUSINGS: YOU CAN'T AFFORD TO MISS THIS

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{MUSIC INTRO}

Hi there, my friend. It's me, Karli. Thanks for listening to my **MIDLIFE MUSINGS**.

Earlier this month, I hosted an event for women in midlife and beyond where we talked about financial wellness. We chatted about the factors that shaped our current money mindset and habits, and dove into some information and ideas to build wealth.

No doubt about it, this is a topic with a lot of emotion behind it. And it's no wonder. How we think about money in midlife and beyond is influenced by our upbringing, what we saw modeled for us, and the experiences we encountered along our unique journey.

If you haven't really thought about your money mindset before, I encourage you to work through the five prompts I share here today.

You can find these in the show notes and transcript, so don't feel like you have to scramble to write these down.

My friend, I encourage you to spend some quiet time thinking and writing. The 'future' you will be glad you did.

TIME MARKER 01:02

How have past experiences shaped your current mindset around money? Think about your upbringing, societal influences, and previous financial successes and failures.

What limiting beliefs are you hanging on to? Think about your thoughts, actions, and habits around money.

What might you change about your money mindset? Think of your answers to the previous two prompts. How can you release what is holding you back?

How can you boost your financial wellness? Think about three small actions you can take in the next 30 days to help you feel good about this part of your life.

What support will you find? Think about people, resources, and tools. Who and what will help you develop and maintain a positive money mindset?

As you go through these five prompts, my friend, stuff is gonna come up. Stuff you probably haven't thought about in a really long time.

When you've worked through these prompts, allow yourself some processing time. Your subconscious is going to percolate and new realizations are going to come up. Continue to add to your notes for a couple of days, if not the next week.

From there, my friend, you can take those three small actions, from that fourth prompt, and prove to yourself that you are indeed a money maven.

It's never too late to take steps to boost your financial wellness and feel good about doing it, my friend.

I'll be back with another mid-life musings in two weeks. Until then don't miss my regularly scheduled episodes of ***FLIPSIDE OF MIDLIFE®***, which come out every Wednesday.

{MUSIC OUTRO}