



# MONEY MOVES PROGRAM WORKBOOK

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*lisa*  
CHASTAIN

I'm so glad you're here! Six years ago, I started this movement. I was on a mission to help women learn things about money that I found myself stumbling through even as a financial advisor. Money Moves was born out of the idea that by getting women together to TALK about their money, that they would be taking their first steps to financial freedom. If that's you, you're in the right place!

Money Moves is about creating a new conversation with your money.

Money Moves is about making the most of your time TODAY so that you can learn something new that you can implement NOW.

Money Moves is for all of the women out there who just need to know in a simple and fun loving way how to make the right moves right now.

I'm so grateful you're on this journey with me. Get ready to have some fun, learn something new, and get on a new track with your money!

Ready?

Let's go!

xo

Lisa

*lisa*  
CHASTAIN



# WELCOME TO MONEY MOVES!

Here's what we will be covering...

## ➡ HOW TO TRUST YOUR DECISIONS

It's been said that if you can trust yourself with the little things, you'll be trusted with the BIG things. If you want more money, if you want to raise your net worth, and receive the bigger financial gifts that life can offer, you've got to trust yourself with your everyday decisions with money. I'm going to teach you my formula that will rebuild and restore trust in yourself and your financial decisions. You'll learn what to do to get new financial results FAST.

## ➡ LEARN HOW TO SAVE

Like most of my clients, you never really learned how to save, and you second guess yourself alllll the time. I get it! Most people learn how to pay bills and get really good and paying off debt, but when it comes to saving (aka what you really want!) you don't know how to break the cycles and patterns that keep you stuck living paycheck to paycheck. You're going to learn how to stop spending money mindlessly so that you can finally have peace with knowing you're saving.

## ➡ TACKLE DEBT IN A WAY THAT ACTUALLY WORKS

If you're anything like me, eating rice and potatoes until you're out of debt just won't work. You CAN live a life you love AND get out of debt. You'll have a totally new relationship with debt after this event. There is a light at the end of the tunnel!

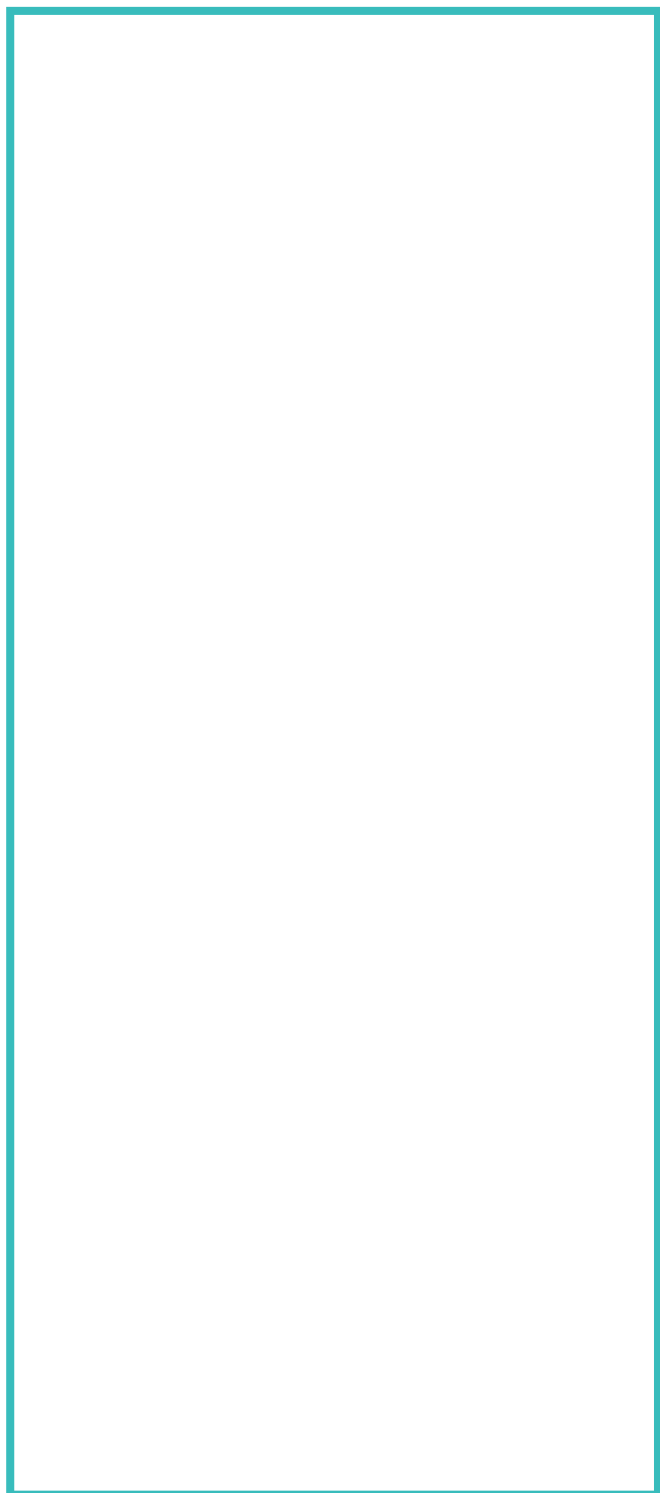
Why are you **here** at Money Moves?

What's happening that you know you **must** work on your money moves?

What do you want your **life to look like** over the next 12 months?

What DO you want to be doing and what you DON'T want to be doing  
on a **daily basis** in your IDEAL LIFE?

Let's Do This!



All Done with This!



Why is it a **MUST** for you to grow your LIFE now?

What's holding you back or slowing you down from having your **ideal life** today?

**INSPIRATION ALONE IS NOT  
SUSTAINABLE.**

**YOUR LIFE ONLY TRANSFORM WHEN  
YOU COMMIT TO:**

**CONSISTENT  
COMMITTED  
ACTION**



*lisa*  
CHASTAIN

# Your STORY matters..... Not as much as your FUTURE!

My Negative Beliefs:

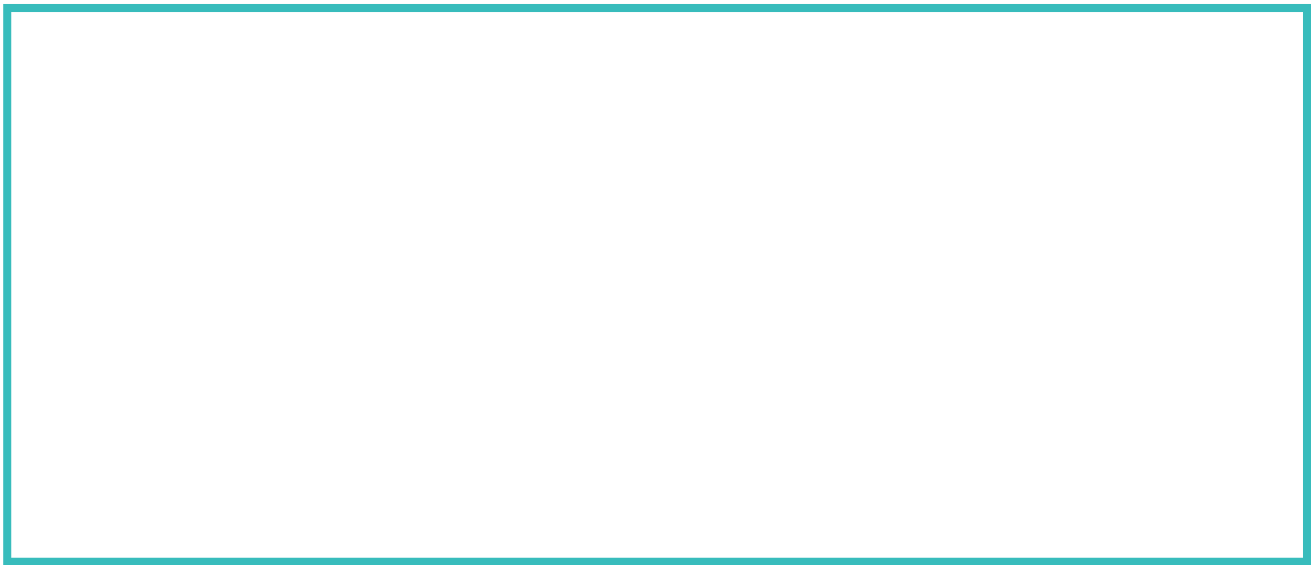
My Negative Money Beliefs:

- ☐ I don't know anything about money
- ☐ It's too hard
- ☐ I don't want to limit myself or lose opportunities
- ☐ I can always make more money (so I don't have to worry)
- ☐ I'm not clear about what I'm doing
- ☐ I don't know how
- ☐ I don't know what to do
- ☐ That's not what I was taught
- ☐ I don't think it will work
- ☐ My paycheck isn't big enough
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

You can transform your beliefs.  
You can create NEW beliefs!

You must do something NEW to  
get a NEW result.

My Negative Beliefs:



My Money Type: \_\_\_\_\_

My Mindset is currently...



## HERE'S THE SECRET....

You won't have the money you want  
if you don't know what to do with it!

My Money Vision:

Where am I playing **small**?

Top reasons I don't have the results I want:

- ☐ I don't know how
- ☐ No systems
- ☐ Not a priority
- ☐ I'm not optimizing
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

**Track**

**Return on Investment**

**Understand your why**

**Systems**

**Tools**



## TRACK

Money In - Money Out = What's left?

Make - Spend = Keep

Assets - Liabilities = Net Worth

## RETURN ON INVESTMENT

How does this add value to my life?

Am I **paying** interest?

Am I **earning** interest?

Focus on valuable assets & lower liabilities

## UNDERSTAND YOUR WHY

Why am I making these choices?

What's my vision?

What's my purpose?

**Let your **WHY** drive you.**

Are you living your best life...or a  
vision of someone else's "idea" of  
what that should be?

## SYSTEMS

Repeatable

Manageable

Easy to explain

SIMPLE to follow

NOTES:

Systems to use that would work for me:

☐ Money dates

☐ Spending plans

☐ Monthly reports

☐ Book keepers

☐ Routines

☐ Budgets

☐ Time blocking

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

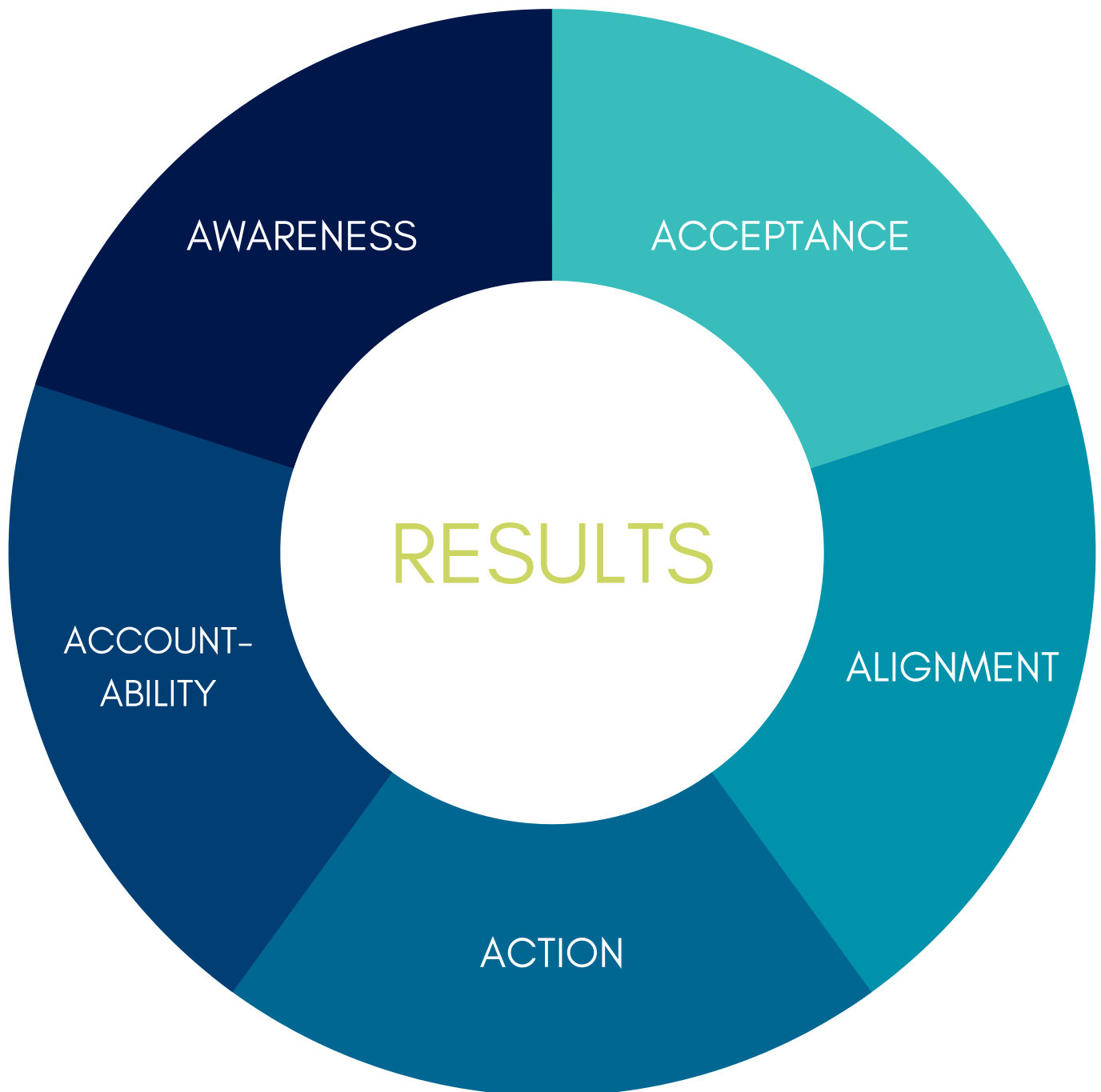
## TOOLS

Tools to use that would work for me:

- |  |   |
|--|---|
| <input type="checkbox"/> Apps                        | <input type="checkbox"/> KIS\$ Worksheet            |
| <input type="checkbox"/> Worksheets                  | <input type="checkbox"/> 3 Month Money Tracker      |
| <input type="checkbox"/> Quickbooks                  | <input type="checkbox"/> TIMI (Track It to Make It) |
| <input type="checkbox"/> Financial Planning Software | <input type="checkbox"/> Get out of Debt Sheet      |
| <input type="checkbox"/> _____                       | <input type="checkbox"/> Net Worth Tracker          |
| <input type="checkbox"/> _____                       | <input type="checkbox"/> _____                      |

NOTES:

# SUSTAINABLE FINANCIAL SUCCESS



What is the **FIRST STEP** you will take to create a **TRUSTING  
RELATIONSHIP** with your money?

**Your relationship with money and  
how you **SPEND** it is intimately  
connected to your ability to have  
an **IMPACT** on the planet.**

Reasons I don't save...

My limiting beliefs around savings...

1

Know what you make, spend and keep.

2

Identify what the real problems are.

3

Get a handle on your spending.

4

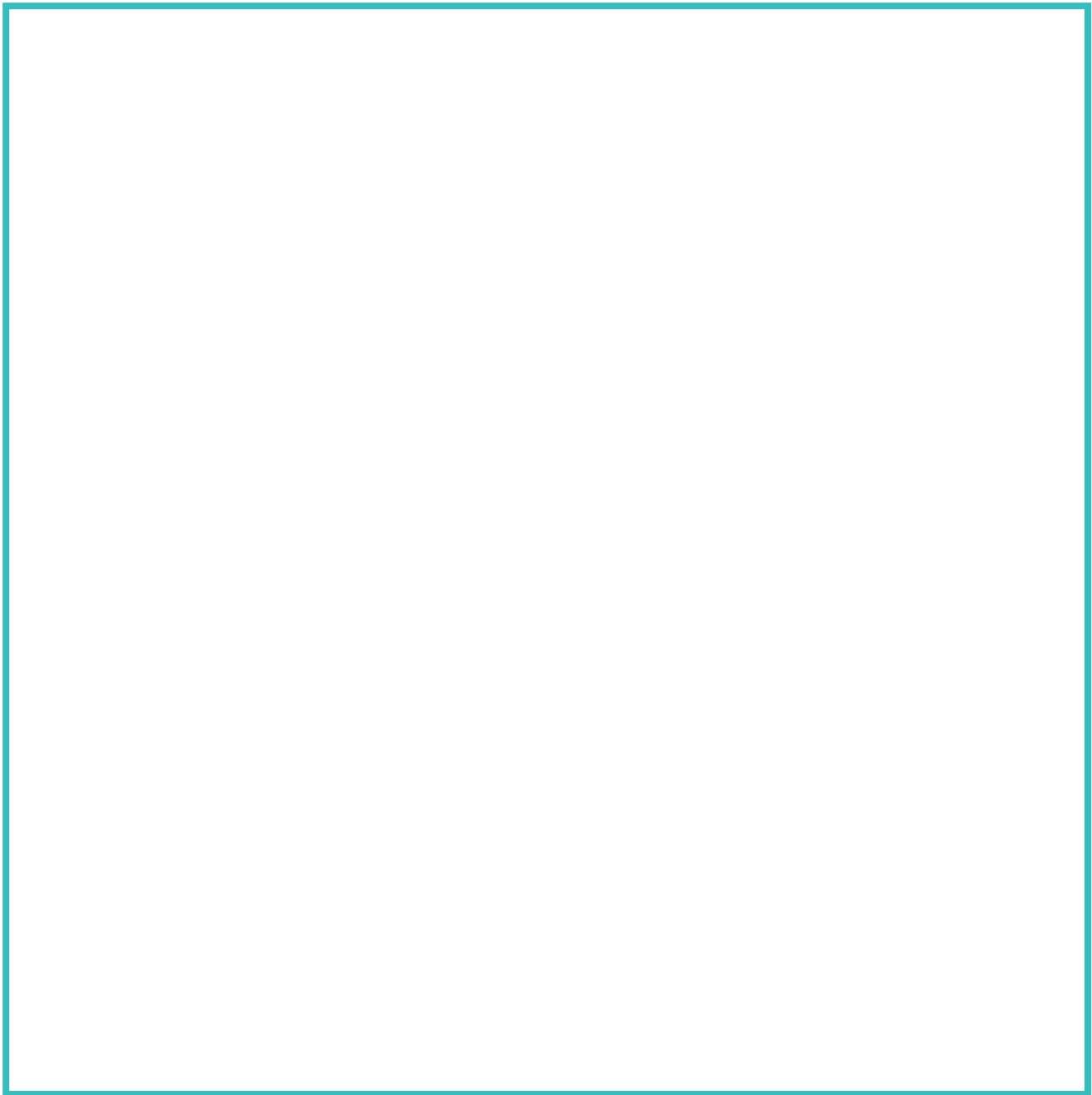
Must have simple systems in place.

5

Charge your worth. Make more.



How am I spending **my time**?



Wealthy people spend an average  
of 20-30 hours a month dedicated  
to their money.

Money systems that save me **TIME**:

My money **boundaries**:

What **financial success** do I want to achieve (i.e. specific goals)?



What **behaviors** (actions) do I need to model & who will I model them from?



What **beliefs** do I need to borrow?



### **3 Limiting Beliefs that keep us in debt...**

If I don't get out of debt I can't do anything else.

Debt is a way of life.

I'll never get out of debt.



1

Get the interest down

2

Stop using credit cards

3

Have a spending plan

4

Don't be a debt dumper

5

Prioritize making more and saving

6

Debt snowball

What are the next steps you're committed to taking?

Money is all about elevation.

Learn the right tools, have the right  
community, and with the right  
support and you can

RAISE YOUR WORTH  
for the rest of your life!

Step by step.

You've got this.

Now is the time, today is your day!

# What's next?

I really hope that you had a blast at Money Moves! Taking one step today toward your own financial freedom is, in my opinion, the single best thing you can be investing in that will have a return on investment in your life for years to come!!

Before you close this workbook, I want you to reflect on the action you promised yourself that you would take as a result of attending this event.

In addition to having clarity of the action you'll take, I'm personally inviting you to join us to Get It Together - Elevated!! This is the perfect next step if you're:

1. Ready to set financial goals and meet them.
2. Wanting to have a community of other women to support you and hold you accountable.
3. Ready to LEVEL UP your financial game so taking that vacation, paying down debt, saving for the rainy days - and for your future - seem totally possible!
4. Finally ready to give up financial stress for fun.

You can learn more about taking this next step here:

<https://www.lisachastain.com/git-elevated/>

Let's elevate your financial life together!!

xo

Lisa

