AS PROMISED ON THE PODCAST

Define Your Rich Life

> "Define your rich life. What does that look like for you, irrespective of the number of zeros in your bank account?"
>
> ANTONIETTA MURACA · HOW TO BECOME A SUCCESSFUL COACH

Most money advice starts with the number. This starts somewhere else, because a plan built on someone else's definition of rich will never feel like anything but restriction.

Twenty minutes, a pen, and nobody else reading over your shoulder. There are no right answers on this page and nothing here is a test.

PART ONE · WHAT ACTUALLY MATTERS

Think of a time you felt most alive. What was happening, and who was there?

Where does your money already go, without you having to think about it?

Not what you wish it went on. What it actually goes on. This is the honest one.

What would you never cut, even if things got tight?

NOW READ BACK WHAT YOU WROTE

Three words for what matters most to you.

These are your values. Every page that follows is measured against them, not against a rulebook.

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PART TWO · DESCRIBE IT AS A DAY

Not a number. A day. An ordinary Wednesday in the life you are building. Where you wake, what you do, who you see, what you are not worrying about.

What is no longer in it?

PART THREE · WHAT THAT LIFE NEEDS

Four buckets. Not accounts, not products. Four purposes. Reading what you have written, tick the one your rich life needs most attention on first.

- [ ] **Emergency**
  What would steady me if life changed suddenly.
- [ ] **Security**
  What supports the life I am living now.
- [ ] **Retirement**
  What is quietly building for the woman I will be.
- [ ] **Freedom**
  What funds the life beyond obligation.

One small step you could take this week on that bucket.

Small and consistent. We do not build muscle overnight, and this works the same way.

You do not need to have a lot to begin. You need to trust yourself to make the decision, and then to take the step.

Want to do the rest of this in a room?

The Financially Fit Female Introductory Workshop is free, and two new groups commence in October.
Wednesday the 14th online, Thursday the 15th in person at Werribee.
6.30pm to 8pm, twenty places each night. valuingourworth.com.au

As requested, a Coaches Edition is being built — coaches kept asking. Email valuingourworth@gmail.com with COACHES in the subject and you will hear first.

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