

2010 Health and Wealth Mindset

by vcmorris - Thursday, December 31, 2009

<http://thethinpinkline.com/2009/12/31/holidays-2009-health-and-wealth/>

Don't forget to give *yourself* a gift this holiday season. Give yourself the gift of being a life long learner when it comes to money. Promise to make just one new money-information-gathering move a week - starting now.

Read the first paragraph of every story on the front page of the Wall Street Journal. Subscribe to Kiplinger's Personal Finance magazine to be sure you get ongoing, incremental and interesting money news in an easy and informative way. Take a glimpse at online calculators such as Bankrate.com's to input your personal money numbers to get projections and information you need.

These are doable goals. Most of what you need to successfully determine what you're going to do with your money *starts* with getting yourself in the right frame of mind for the task.

My gift to you this holiday season is the concept of “mind over money matters” – the process of identifying what you want *and why*, when you want it, and what it takes to achieve it. I've written about this before. It was my Thanksgiving wish for each of you. But let me say it again. These disciplines work in good times and in bad.

- Before you decide *what* to do with your money, first know how you *feel* about your money.
- Everyone – from cradle to grave – can benefit from ongoing, continuing education regarding basic money knowledge and responsibilities.
- “Mind over money matters” begins as early as the age of 3 by teaching children the difference between *wants* and *needs* – a money lesson that many adults never learned and as a consequence have made ongoing, poor money choices and suffered the consequences.

Spread your new found wealth of knowledge - up and down the generations of your family. Inspire the sense of accomplishment that comes when one saves money. Instill the goal of self-reliance which is the gift each person can give him or herself through money management.

Here's to your health and wealth. New Year 2010.