

Wealth

Journal & Mini-Course



by

Linda P. Jones

WEALTH JOURNAL & MINI-COURSE

by

Linda P. Jones

This journal belongs to:

Name: _____

Phone number: _____

Date: _____

Follow your dreams...

Step
1

GET A WEALTHY MINDSET



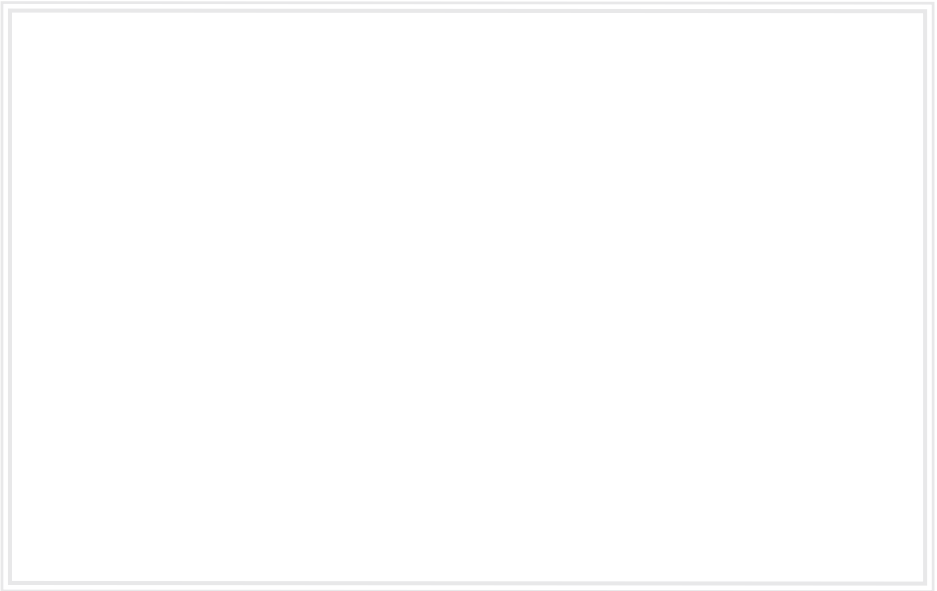
A Wealthy Mindset

The most important step to wealth is having a wealthy mindset, because a wealthy mindset is the foundation of all wealth.

“ *The Universe provides
whatever you want
and **BELIEVE** you
can have. ”*

- Linda P. Jones

Thoughts:

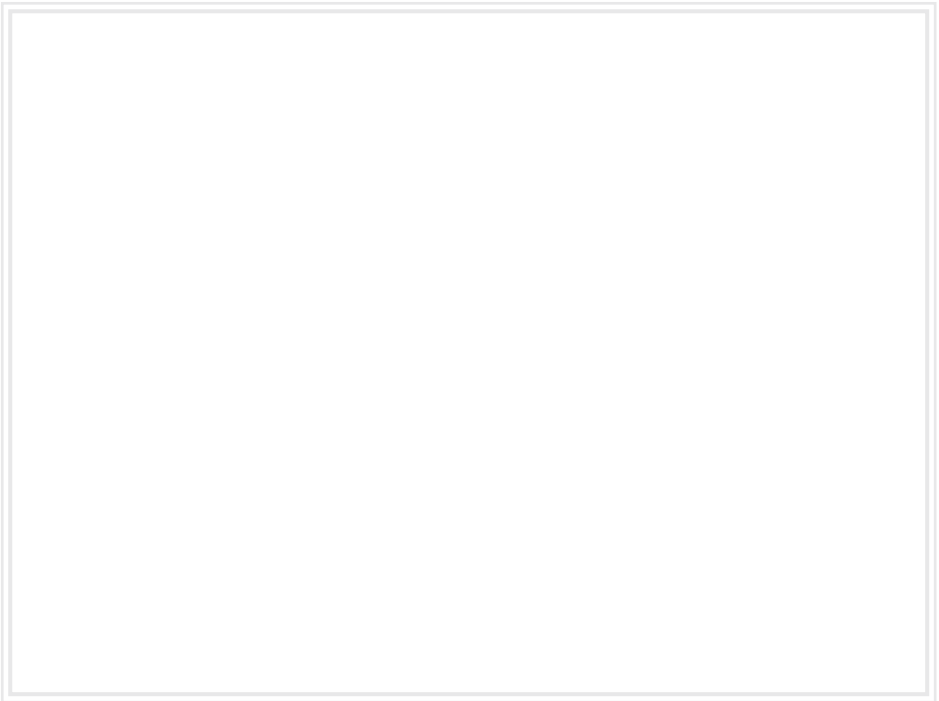


Your BIG WHY

Decide WHY you want to be rich. What is it that motivates you to be rich? Is it to prove something to yourself or someone else? Is it for a specific purpose?

Record your BIG WHY here:

Thoughts:



Gratitude

In order to manifest what you desire, it's important to keep fear out of your thoughts. Because fear and gratitude cannot exist in your mind at the same time, focusing on gratitude and all the things you have that you're grateful for will keep you from focusing on what you fear. You also want to minimize your attention to TV and media, which can disturb you and create a fearful mindset. Whatever you give attention to and focus on expands. List the 100 things you are grateful for here (it can be as small as your dog's eyelashes, people, things, ideas, feelings, etc. Everything is ok to feel grateful for).

I am grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Gratitude (cont'd)

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

Gratitude (cont'd)

30. _____

31. _____

32. _____

33. _____

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35. _____

36. _____

37. _____

38. _____

39. _____

40. _____

41. _____

42. _____

43. _____

44. _____

45. _____

46. _____

47. _____

Gratitude (cont'd)

48. _____

49. _____

50. _____

51. _____

52. _____

53. _____

54. _____

55. _____

56. _____

57. _____

58. _____

59. _____

60. _____

61. _____

62. _____

63. _____

64. _____

65. _____

Gratitude (cont'd)

66. _____

67. _____

68. _____

69. _____

70. _____

71. _____

72. _____

73. _____

74. _____

75. _____

76. _____

77. _____

78. _____

79. _____

80. _____

81. _____

82. _____

83. _____

Gratitude (cont'd)

84. _____

85. _____

86. _____

87. _____

88. _____

89. _____

90. _____

91. _____

92. _____

93. _____

94. _____

95. _____

96. _____

97. _____

98. _____

99. _____

100. _____

Gratitude (cont'd)

Now, read your list every day and watch your mindset shift!

Here's how I've noticed my mindset has shifted:

Net Worth

Before we move on to the next step, it's important to record where you're starting from today. To do that, we need to record what your Net Worth is. Caution: This is one of the most important exercises. If you skip this step, you won't create the wealth you want!

NET WORTH = ASSETS - LIABILITIES

Assets are things you own like your house, cars, furniture, jewelry, investments, life insurance cash value, annuities, other real estate, pensions, CD's, savings accounts, boats, collectibles (coins, stamps, gemstones, etc.), art, antiques, 401k, IRA, etc. The only assets you don't need to list are depreciating assets like video games, clothing, and things that aren't worth much.

List your Assets and how much they are worth here:

Asset	\$ Amount
Total Assets:	\$

Net Worth (cont'd)

Liabilities are forms of debt or how much you owe. Common liabilities are a mortgage, student loans, credit cards, boat loans, car loans, business loans, lines of credit, etc.

Record all your liabilities here:

Net Worth (cont'd)

Your Net Worth is simply your Assets minus your Liabilities.

1. Take your Total Assets and put the number here: \$ _____
2. Take your Total Liabilities and put the number here: \$ _____
3. Now subtract your liabilities from your assets

Total Net Worth = \$ _____

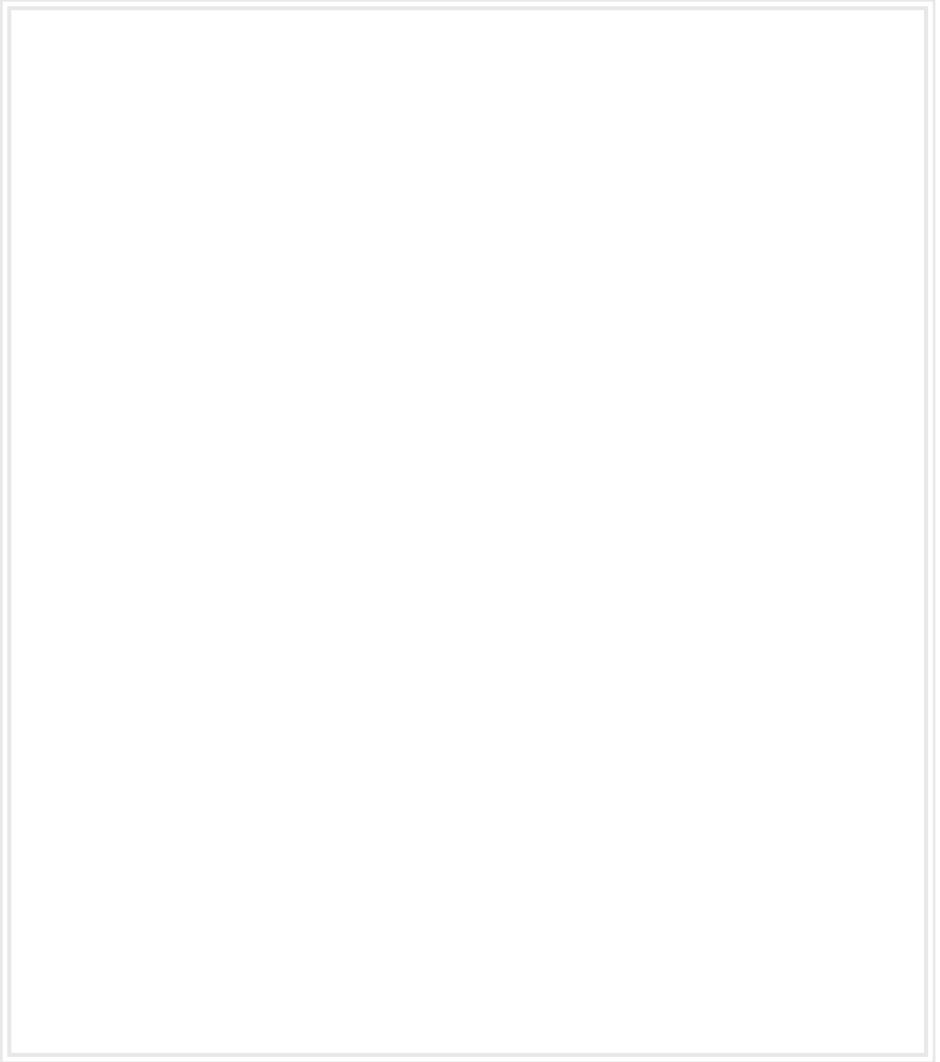
Congratulations! You now know where you're starting from and what you're trying to grow. I recommend you calculate your net worth at least annually if not more. John D. Rockefeller calculated his net worth every day and it obviously worked out very well for him!

Note: Acquiring more assets or paying down debt both result in an increase to your net worth!

Thoughts/realizations:

Net Worth (cont'd)

Thoughts/realizations (cont'd):



Step
2

SAVE A NEST EGG



Save a Nest Egg

A nest egg is important because that's your savings. It's what you save to invest. It includes an emergency fund, savings account, and retirement plans like 401k's.

If you don't have much of a nest egg, resolve to get one soon, even if you have to have a garage sale, sell something on Ebay, or work longer hours.

Put how you're going to save more here:

Save a Nest Egg (cont'd)

It's a good idea to "pay yourself first" by having automatic deductions of 10% of your gross income from your checking account be deposited to your savings account (NOT your checking account).

Write your thoughts about how to pay yourself first here:



FIND A MENTOR



Find a Mentor

Finding a mentor can help shorten the time to get you to your financial goals. They should be supportive, helpful, and eager to help you learn. It can be someone you know or someone you want to model your life after. Of course, I'd love to be your mentor!

Record who your mentor is, what you admire about them, and why they are right for you:

Thoughts:

Step
4

INVEST IN THE RIGHT CYCLE



Invest in the Right Cycle

To grow maximum wealth, you want to be investing in the right place at the right time. There are two main cycles: the stock market cycle and the commodity cycle. The stock market is simply public ownership of companies. Instead of a company being owned privately, the public is allowed to own a portion of them by buying their common stock.

A commodity is something that comes from the ground like agriculture, precious metals (think gold and silver), energy, and even farmland.

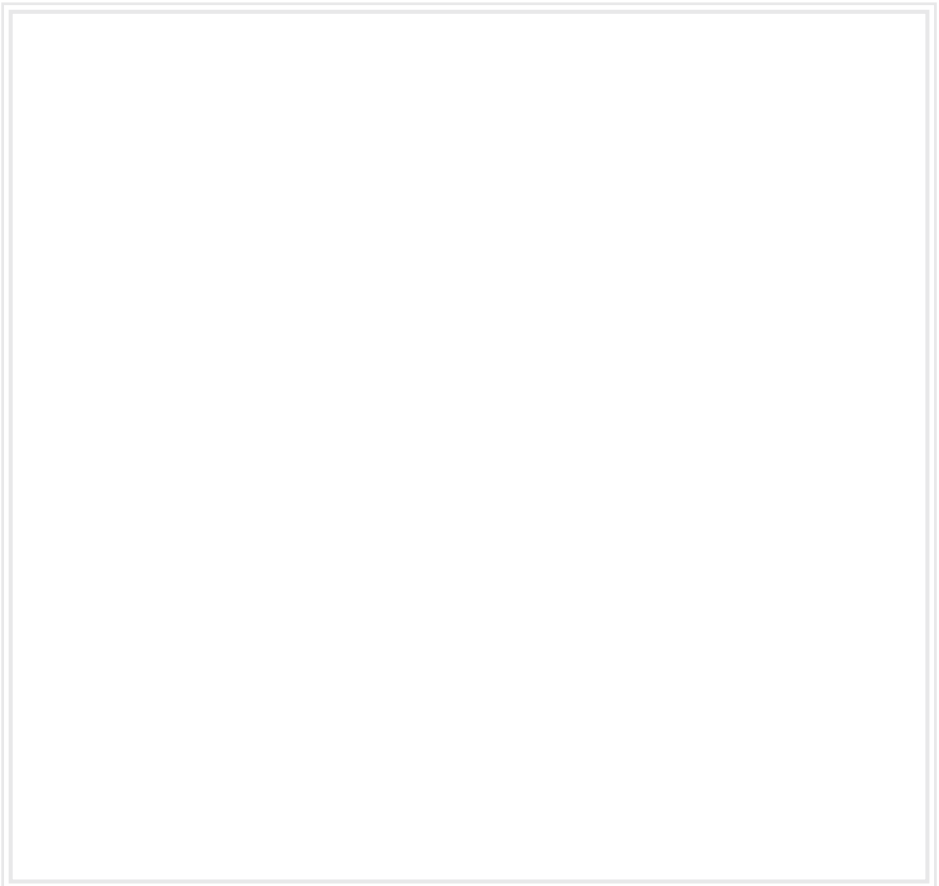
Each cycle can run about 15 to 20 years. To determine the cycle we're currently in, check what has performed better in the last several years—is it stocks or commodities?

Income Builders

Do you have a hobby, interest, talent, or skill you could turn into your own business?

If so, what is it?

Thoughts:

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Step
5

**COMPOUND AT
A HIGH RATE**



Compound Interest

Einstein called compounding the “Eighth Wonder of the World.” It is how money grows - with interest, and the interest grows with interest. Did you know if you started with \$10,000 and compounded at 100% per year, you would have \$1 million in a little over 7 years?

Compounding = money x time x interest rate. The more you have of any one of these things to begin with, the faster you will build wealth.

The Rule of 72 is pretty cool. It tells you how soon money will double. Money doubles when number of years x interest rate = 72. For example, let's say you owned an investment that doubled in 10 years. You know the interest rate was 7.2% because $10 \times 7.2 = 72$. Or, if you could earn 8%, how soon would your money double? Nine years because $8 \times 9 = 72$.

Now you try it...

How soon would money double at 6%? _____

How much would you have earned if it doubled in 2 years? _____

Answers: 12 years, 36%

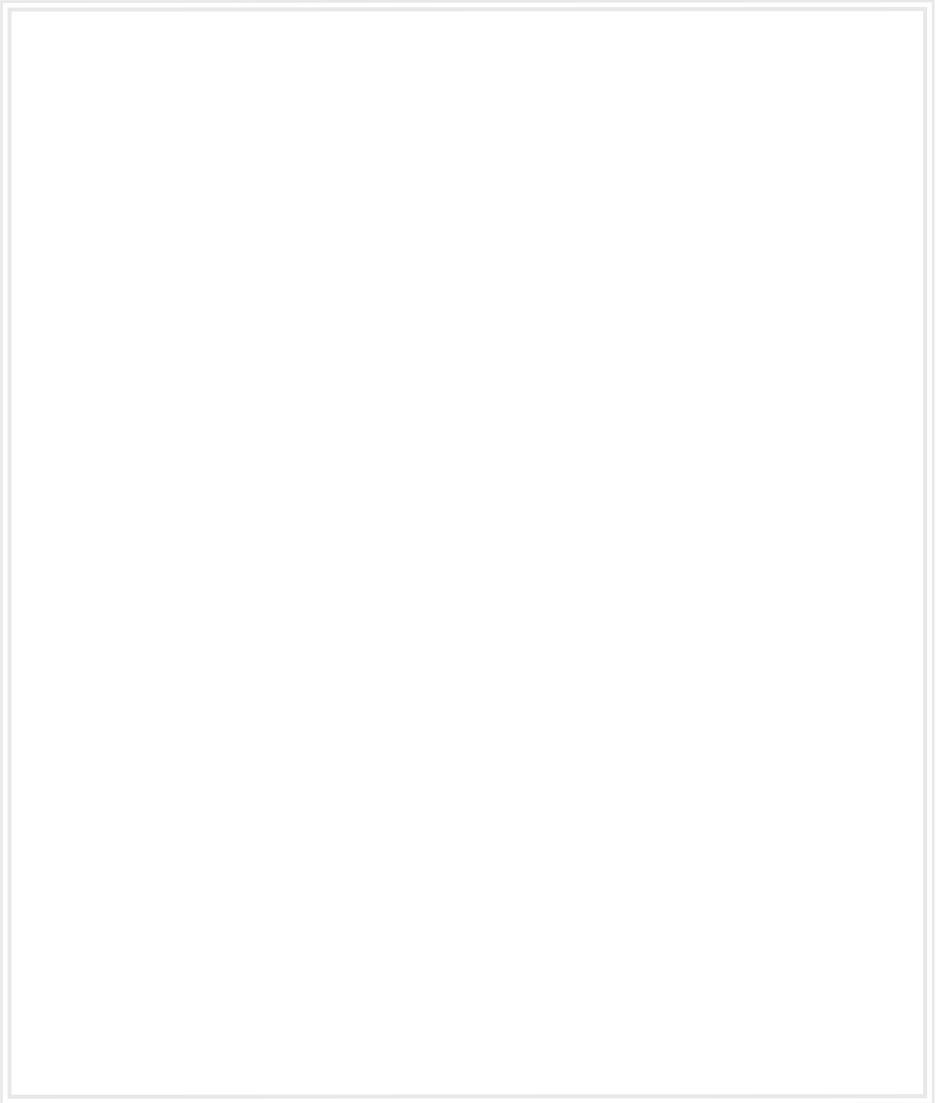
Compounding at a high rate will make you very, very wealthy!

Did you know entrepreneurs commonly compound their businesses at 100% annually for several years? That's why so many billionaires on the Forbes 400 list of Richest People are entrepreneurs.

Give becoming an entrepreneur some more thought!

Compound Interest (cont'd)

Thoughts:

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Step
6

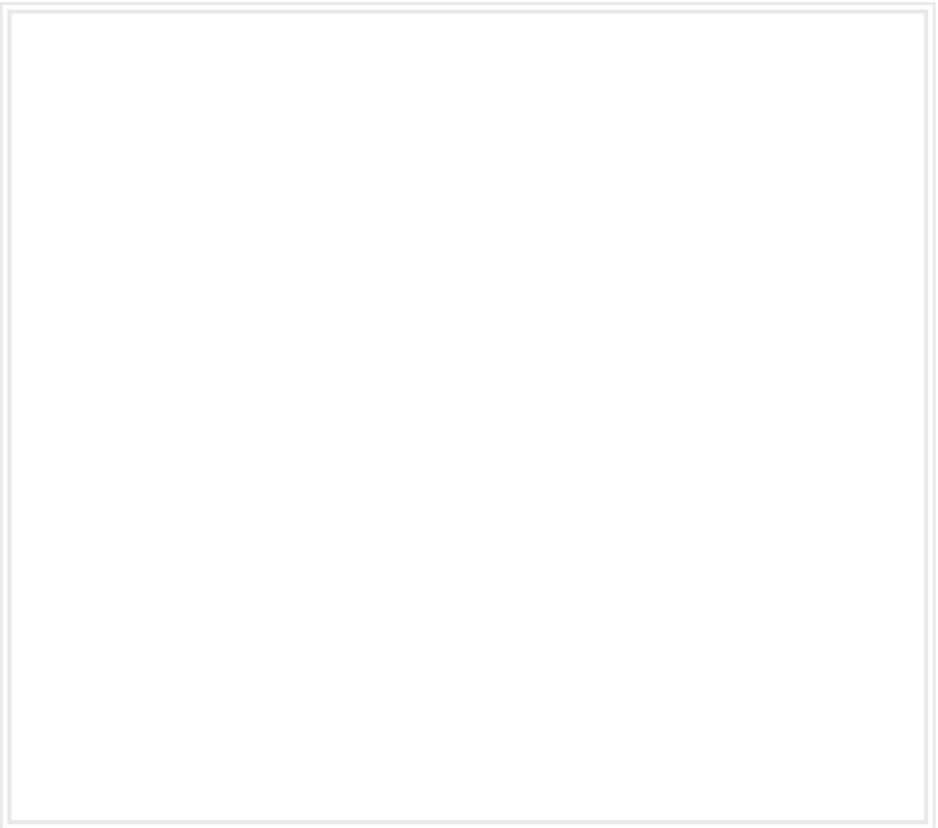
PROTECT YOUR WEALTH



Protect Your Wealth

Staying leveraged too long, especially after a trend is over, can be devastating to your wealth. That's how even billionaires can go broke. When the uptrend in the investment cycle ends, if they are still leveraged and the asset they own is declining in value, they can lose money quickly. Debt is a two-edged sword. Use it wisely and sparingly.

Thoughts:

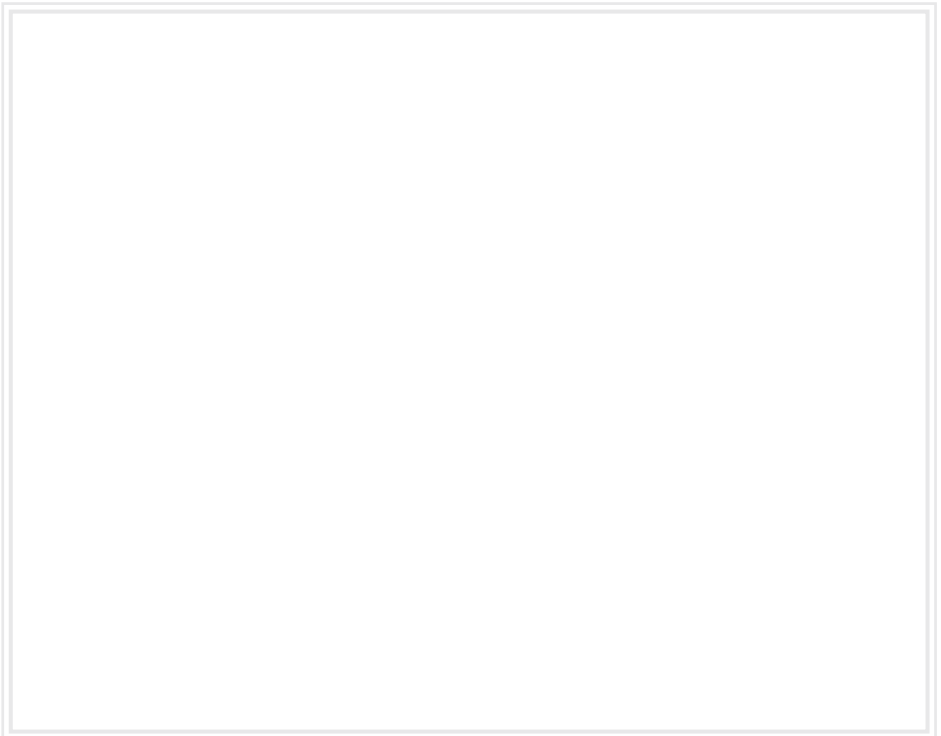


Watch for the Peak of the Bubble

After you've created the wealth you want in the current cycle, watch for a "bubble." When it becomes obvious that an investment has been in a cycle, and it's trendy for people to start talking about quitting their jobs to invest in it full-time, it's very near the peak. Time to sell and move on!

Diversifying out of the investment that built your wealth can be very hard to do, especially when it's still going up in value.

Thoughts:



Bonus Steps



LEVERAGE WISELY



Leverage Wisely

Leverage is a form of borrowing money. Using “Other People’s Money” or “OPM” is a common way to become wealthy. It’s an age-old strategy.

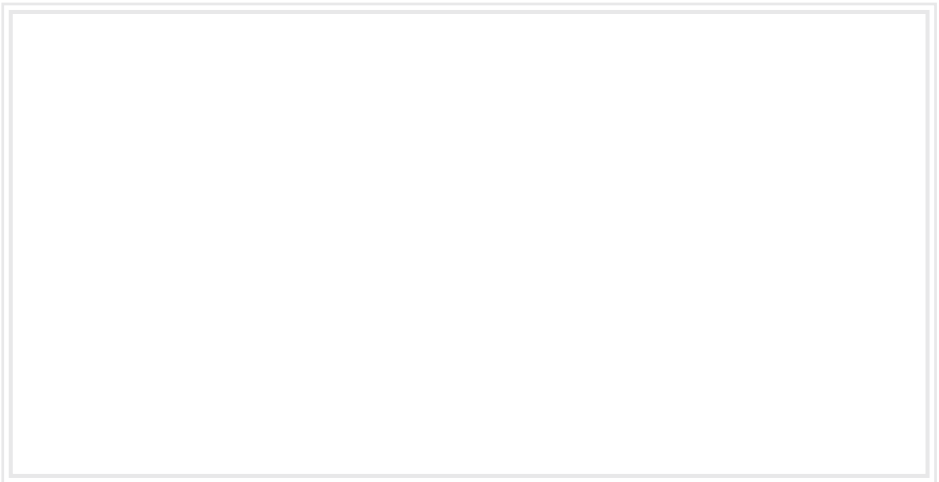
But you must leverage wisely, debt can wreak havoc with a savings plan, but not all debt is bad. Debt is simply a tool.

“**Good debt**” is debt that will create money to pay off the debt, like starting a business.

“**Bad debt**” is debt used to buy depreciating items like cars, vacations, clothes, and electronics.

If you have “bad debt”, write what you can do to get rid of it soon, like earn extra income, have a garage sale, stop buying things you don’t really need, etc.

Thoughts:



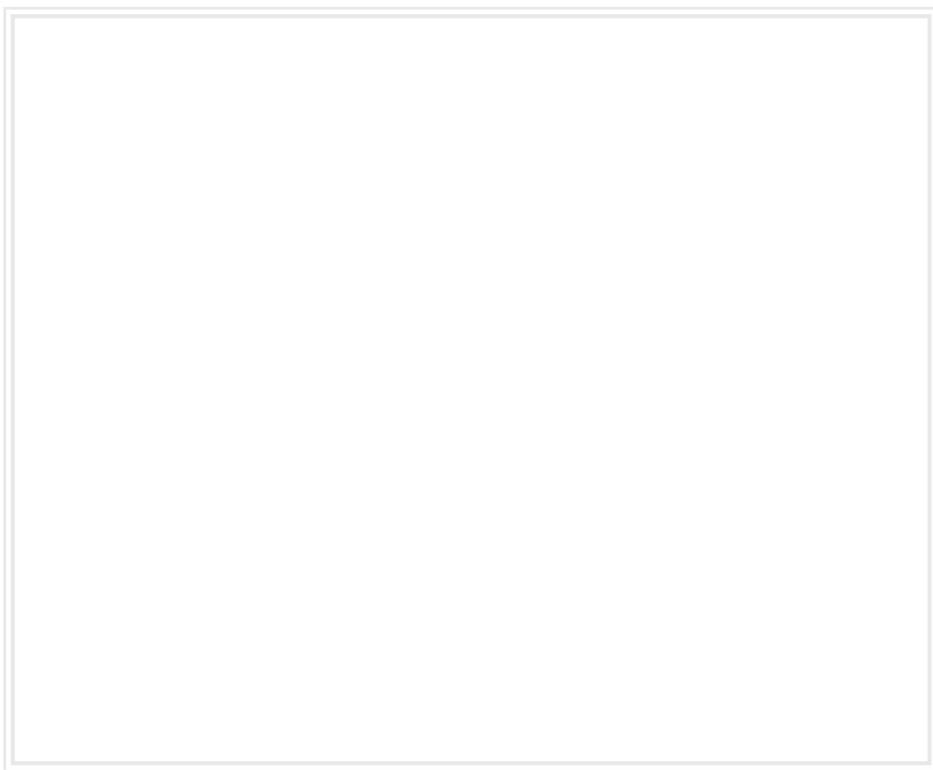
GIVE IT AWAY AND CREATE YOUR LEGACY



Create Your Legacy

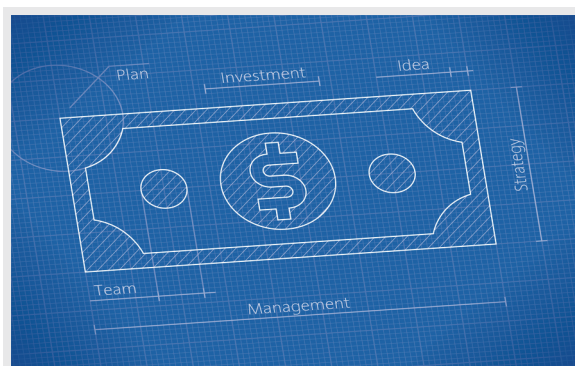
Creating your legacy is taking your thoughts, desires, and interests and providing a way to reflect your life and help others in a planned way. Is there an organization you care about that you'd like to help? Are there causes or interests or people or schools that have helped you that you'd like to give back to? Would you like to set up a special education fund, scholarship, or give to a particular charity?

Thoughts:





YOUR WEALTH BLUEPRINT



The Law of Belief

It's time to talk more about **BELIEF**. In order to create your blueprint, you need to have belief - not in yourself, not in fate, but in your vision. That's right, total belief that whatever you choose to visualize, that you will have it and are committed to seeing it come true, no matter what.

Jim Carey, the actor, has an example of total belief. Before he was famous, he wrote out a check to himself for \$10 million, dated it a few years into the future, and carried it with him. He looked at it often with total belief he would have the money. He would drive to the neighborhood with the beautiful views and expensive homes where he hoped to live one day. He kept unrelenting **FAITH** that he would have the money. Almost to the exact day he wrote on the check, he received a real check for \$10 million!

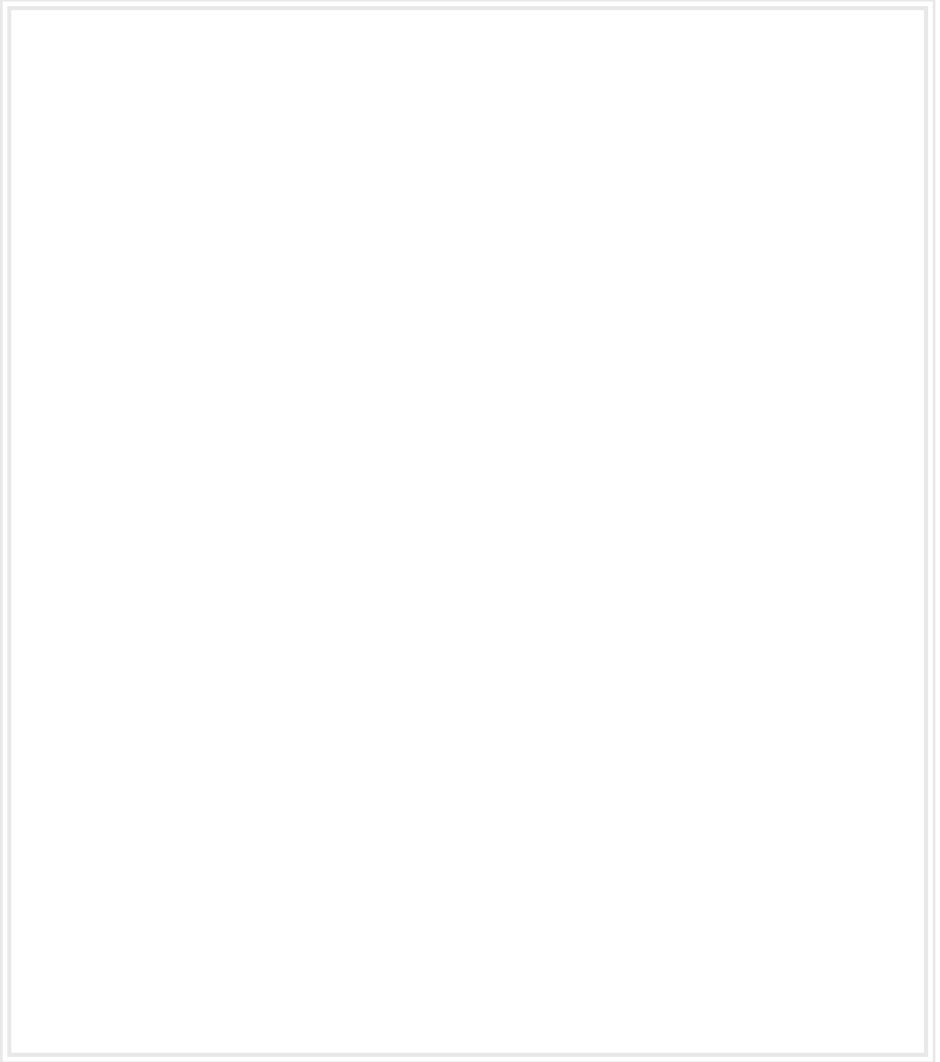
WHAT YOU VISUALIZE AND BELIEVE, YOU CAN CREATE!

After all, why would God put us here, give us imagination, and then not grant our desires?

If a genie suddenly appeared to grant you three wishes, what would you wish for? It has to be personal to you (it can't be "world peace"). What occupation would you like? What kind of home and car? Where would you travel to? Who would you be with?

The Law of Belief (cont'd)

Thoughts:

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The Law of Belief (cont'd)

My three wishes would be:

1. _____
2. _____
3. _____

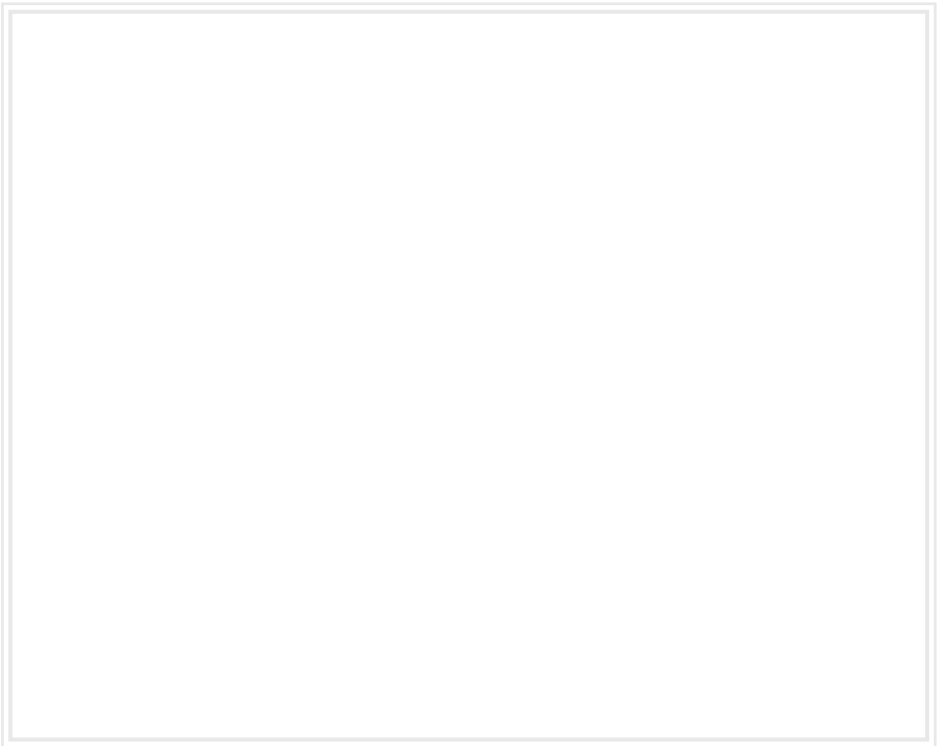
Now, before going to bed at night and upon rising, see those three things as yours! You must work on having absolute certainty they will be given to you. If doubt creeps in, shake it off and picture your desired outcome in it's place. If fear grips you, say your 100 Gratitudes to get your mind back to positive. It's all about **BELIEF**. If you can get yourself to believe and hold that vision, you will manifest it. I've done it lots of times and so have many others!

Thoughts:

The Law of Belief (cont'd)

What can you do to help you believe in your vision? What obstacles are in your way? What excuses to you need to be rid of? What anger do you need to ditch?

Thoughts:

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You're on your way! Keep writing your thoughts about wealth, your vision, your net worth, or any of the steps you've learned. Keep a record of your progress and watch your wealth grow!

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About Linda P. Jones

A fascination for wealth building led Linda to read *Think and Grow Rich* at 10 years old and spawned a life long passion for investing. It led her to a 25+ year career on Wall Street, where she became a Regional Vice President at a large investment firm and was responsible for a territory producing more than \$200 million in annual investment sales. But, at the same time, Linda noticed she was actually building money faster at home by using her own strategies. She became a multi-millionaire at age 39 and was unexpectedly widowed a few years later, which set her on a mission to teach financial freedom in a unique way. Linda's mission, passion and purpose is to empower women and men worldwide to financial freedom without budgets, boredom or bosses.

She is the host of the “Be Wealthy & Smart” podcast on iTunes and Stitcher Radio. Linda is the only financial expert who teaches the importance of having a wealthy mindset before and during your wealth building. She also teaches that to maximize your wealth building in the current economic cycle you need to have two powerful wealth creation strategies working for you. She calls them the “Twin Pillars of Wealth Building: Investing Like Billionaires and Creating Your Luxury Brand Business™”.

Linda P. Jones

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