

Wealth & Health Empowerment Network

A BALANCED LIFE

(How balanced are your finances?)

Our last dialog had to do with chunking down your goals in regards to your [Wellness Wheel](#). Remember, we need to bring several things into balance in our lives so we can experience true HEALTH. It was recommended that you start with one of these seven areas; Mental Health, Physical Health, Financial Health, Family Health, Social Health, Career Health, and Spiritual Health. Find the one you are weakest in and start your goals in that area first. If these seven areas of health can be in balance, then we will begin to experience greater levels of health, (and prosperity).

Here is the link to the [Wellness Wheel](#) again, if you haven't already done so, print it out, and on a scale of 1 to 10, mark where you think you currently are in these seven important areas.

Improve Your Finances

Most people look to improving their finances as their way of improving everything in their lives. "If only I had \$\$\$\$\$, I would then be able to do _____, _____, _____, etc." Unfortunately, having more money is not usually the most important part of the equation of increasing your wealth.

One needs to start with a good financial education. For most of us, our financial education consisted of, "Money doesn't grow on trees". "Find a good job and work hard all your life." "Money is the root of all evil". And so on...

That's a lot of heavy-duty deep seated emotional baggage that usually needs to be dealt with before you can move on and gain financial independence. The best place to start with a great financial education is with the Rich Dad series written by Robert Kiyosaki. You can get information on his products at [Rich Dad](#).

While we are gaining our financial education and working on reducing the emotional baggage that we have about money, we will be fast on our way to improving our financial standing in life. However, if we all waited until we got rid of our emotional baggage, we would never gain the financial success that we desire.

The Best Way To Get Control Of Your Finances

You first need to understand that money is simply an exchange of energy. We exchange our life energy by doing something for others and they give us money for our efforts. Let us assume that there is an "energy" surrounding money. Let us also assume that this "energy" is akin to a parent to a child.

Using this example, you be the parent and take your child to the ice cream parlor and get a single dip cone. As you leave the shop, your child drops their cone on the ground and begs for another. As a caring parent you acquiesce and go back to get another. However, once back in the ice cream parlor, they spy a sign for a double or triple scoop and implore you for that instead. What do you do? The correct answer is no, single scoop or no ice cream. If they can't handle one scoop, why would you even consider giving them a bigger cone?

Now how does this relate to your finances?

This parent "energy" around money will not give you more money if you can't manage the money you already have. It is really that simple.

T. Harv Eker is credited for this information.

Jar Up Your Money

This is the easiest way to gain control of your money and everyone can do this now matter how much or how little money they have.

You will need six jars. Any jar will do but mason jars fit the bill very nicely. Label each of the six jars accordingly; NEC, FFA, EDU, LTSS, PLAY, and GIVE.

You will then assign each a percentage and follow these simple rules.

NEC 55% This is your Necessities Jar. This is what you pay all your bills with. Rent, mortgage, gas, food, utilities, car payment, etc.

FFA 10% This is your Financial Freedom Account. You never take money out of this jar. This is your retirement fund, your investment fund, your savings fund. It is never spent for anything. It is to increase your wealth and plan for your future. You may also want to put your extra change in this jar, this is all for your future.

EDU 10% This is your Education Jar. When you are young and going to school this would make sense. But now, when you are out of school? The one thing I have learned is once you stop learning, you begin to stagnate and rot. You need to continue to learn. Take different courses, not necessarily in school, but it could be a seminar, purchasing books, or audio programs. Purchasing some of the Rich Dad programs or books is one example. If you don't change, and continue to do what you've always done, you will always get what you've always got. Period.

LTSS 10% This is your Long Term Savings for Spending Jar. This would be used for unexpected expenses such as to fix the car, the roof, unexpected emergency travel needs, etc. This is also where you would save for those special items. Maybe you want to get a new car, save for it here. Or a new washer or dryer. If you are younger or a child, maybe you want to get an ipod, etc.

PLAY 10% This is your Play Jar. This is the money you get to blow every month! This will let your soul sing. Many times we are so intent on saving money or following a budget that we shut down our expression of having fun and showing the "energy" that we deserve to have money. The rule for this jar is we need to spend all of the money in this jar once per month on something we wouldn't ordinarily spend money on. Such as a really nice restaurant because it is so expensive. Go - spend - enjoy!!

Give 5% This is your Give Jar. This is for your donations to any and every thing you would like. Your favorite charity, your church, the homeless man on the street corner, a food bank, you name it.

Next time we will go more deeply into how to apply this simple method to manage your finances. Until then, get your jars ready so we can start filling them with what you exchange your life energy for. Enjoy.

Yours for better Wealth & Health,

Dr. Lou