

ALL ABOARD THE WHAT-IF TRAIN

3 steps to kicking those money fears in the groin

1) Acknowledge

Face up to the worst that you can imagine - and voice those fears.
Say them out loud. Write them down.

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2) Anticipate

Ask yourself: 'what if'? And keep asking. Come up with an action plan.

Write out the what ifs. Ride that wave all the way to the end until you get to the bottom of the possibilities.

Then go back and write down the concrete actions you would take in response to each of those if they were to actually happen. Having a plan goes a long way to quelling those fears.

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3) Appreciate

Clear your mind and focus on what you can be grateful for right now. Shake it off and come back to reality. These things have not happened, and may never happen - so put them out of your mind.

Focus on what you do have in life currently, and acknowledge the good fortunes that have come your way so far. Get into a state of gratitude, and write all those awesome things down, no matter how small.