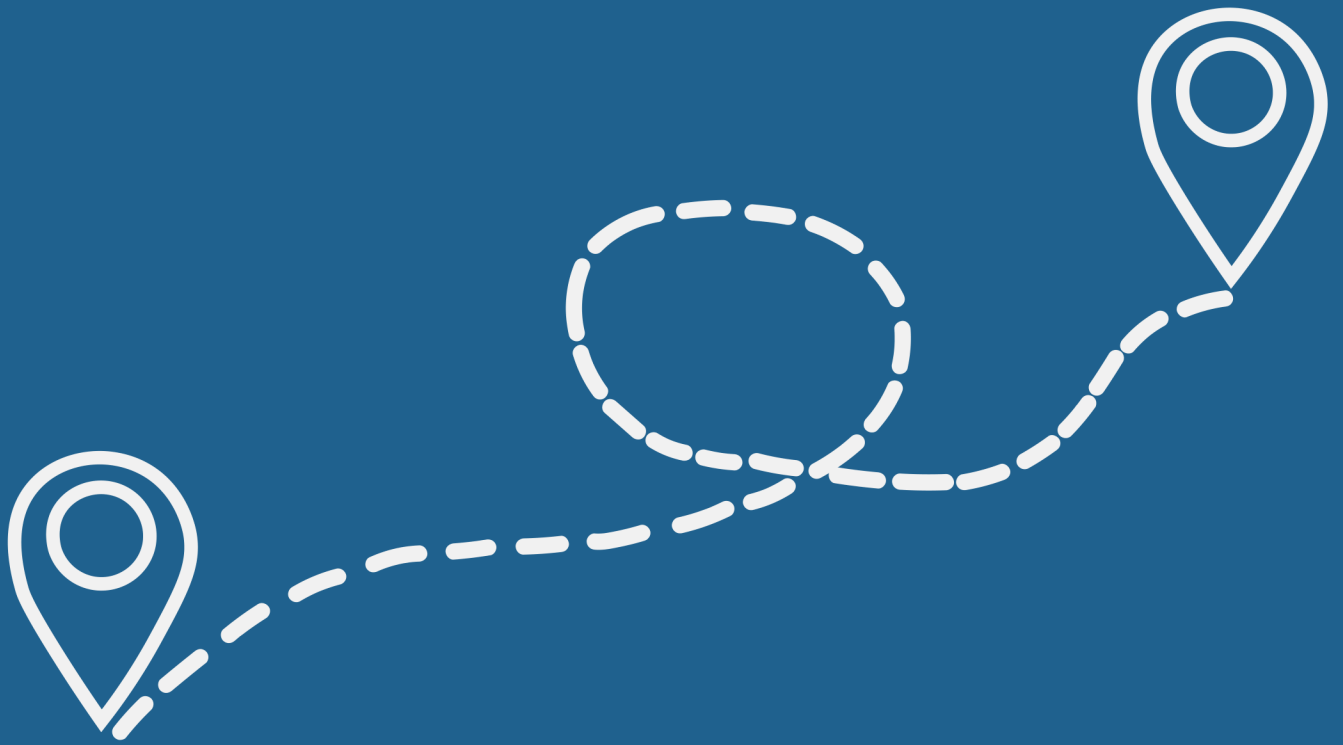


Prosperity Pathfinder



JOURNAL

GetLostBlue.com

*This journal is your path to a stronger,
healthier relationship with money.*

Feel free to wander, jump around - after all, its your path!

Part 1:

Uplifting quotes to spark new perspectives
on your finances.

Part 2:

Journal prompts designed to deepen your
understanding of your spending and saving habits.

Part 3:

Habit tracker to help you build the financial
behaviors that lead to lasting success.

JOURNAL

INSPIRATIONAL QUOTES

Here, you'll find nuggets of wisdom designed to:

Shift your perspective:

Challenge limiting beliefs and ignite new possibilities.

Fuel your motivation:

Keep your financial goals burning bright with words of encouragement.

Embrace a growth mindset:

Learn and adapt as you navigate your financial journey.

Read, reflect, and let these quotes be your guiding light on the path to financial well-being.

Remember, every change starts with a spark – so let these words ignite yours!

"The journey of a thousand miles begins with a single step." - Lao Tzu

"By changing nothing, nothing changes" - Tony Robbins

“Tell me, what is it you plan to do with your one wild and precious life?”
- Mary Oliver

“What can I do today to improve by 1%?” - James Clear

“Don't wait. The time will never be just right.” – Napoleon Hill

"Your future is in the hands of what you are doing today." - Mahatma Gandhi

"Comparison is the thief of joy." - Theodore Roosevelt

"Compound interest is the eighth wonder of the world. He who understands it, earns it; he who doesn't, pays it." - Albert Einstein

"Every action is a vote for the type of person you wish to become." - James Clear

"The greatest threat to financial well-being is not the market, but our own behavior."
- Morgan Housel

“Too many people spend money they earned..to buy things they don't want..to impress people that they don't like.” - Will Rogers

"Money is something we choose to trade our life energy for." – Vicki Robin

“Personal finance...is more personal than it is finance.” – Tim Maurer

"Don't tell me where your priorities are. Show me where you spend your money,
and I'll tell you what they are." - James W. Frick

"The best investment you can make is in yourself." - Warren Buffett

"Every dollar you spend is a vote for the world you want." - Anne Lappe

"The four most dangerous words in investing are: This time it's different."
- Sir John Templeton

"The key is not to do everything, but to focus on the right things." - Gary Keller

"Time is your friend; impulse is your enemy." - John Bogle

“Risk is what is leftover when you think you’ve thought of everything.”
- Carl Richards

“Avoid fiscally irresponsible people and certainly don't marry one.”
– J.L. Collins

“Nothing in life is quite as important as you think it is while you’re thinking about it.”
– Daniel Kahneman

“The easiest way to manage your money is to take it one step at a time and not worry about being perfect.” - Ramit Sethi

“The most difficult thing is the decision to act, the rest is merely tenacity.”
~Amelia Earhart

“If you’re not careful, the stuff you buy today will be the junk you throw away tomorrow.” - Carl Richards

“Life can only be understood backwards, but it must be lived forwards”
- Søren Kierkegaard

"Don't confuse activity with progress." - John Wooden

"Money can buy many things, but nothing so valuable as your freedom" - JL Collins

“Wisdom comes from experience. Experience is often a result of lack of wisdom.”
- Terry Pratchett

“Savings is the gap between your ego and your income.” - Morgan Housel

“If you live for having it all, what you have is never enough.” -Vicki Robin

“Money is a terrible master but an excellent servant.”
~P.T. Barnum

"Wealth consists not in having great possessions, but in having few wants."
- Epictetus

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.” - H. Jackson Brown Jr.

“Wealth is not about having a lot of money; it’s about having a lot of options.”
– Chris Rock

“It takes as much energy to wish as it does to plan.” - Eleanor Roosevelt

“You either master money, or, on some level, money masters you.” –Tony Robbins

“To acquire money requires valor, to keep money requires prudence, and to spend money well is an art.” - Berthold Auerbach

“It is not the man who has too little, but the man who craves more, that is poor.”
- Seneca

“Rich people have small TVs and big libraries, and poor people have small libraries and big TVs.” - Zig Ziglar

"Motivation is what gets you started. Habit is what keeps you going." -
Jim Ryun

“Stop thinking about what your money can buy. Start thinking about what your money can earn.” - JL Collins

“Are the results I’m expecting aligned with the habits I am following each day?”
- James Clear

YOU & YOUR RELATIONSHIP TO MONEY

Why Your Money Mindset Matters:

Your relationship with money isn't just about numbers. It's shaped by emotions, experiences, and beliefs. These prompts are designed to uncover those hidden influences, so you can make empowered financial choices.

TIPS FOR EFFECTIVE JOURNALING:

- *Find Your Quiet Space* -
Choose a time and place where you won't be disturbed.
- *Be vulnerable* -
These pages are for your eyes only.
- *No Right or Wrong* -
It's about exploration, not judgment.

What are one or two things I did well financially this week/month/year?

What steps can I take today to move closer to my financial goals?

Am I susceptible to impulsive spending triggers? If so, how can I manage them?

Do I fall victim to the fear of missing out (FOMO) and make financially unwise decisions?

Am I comparing my financial situation to others, leading to feelings of inadequacy or overconfidence?

How can I overcome any limiting beliefs I hold about money?

What does financial freedom look like to me?

How can I connect my financial goals to my overall life goals?

What was my biggest financial achievement this week/month/year?

How did I stick to my budget this week? Where can I improve?

Did I experience any financial setbacks recently? How can I learn from them?

How has my financial mindset changed since I started this journal?

What are your earliest memories of money? How did they shape your financial beliefs?

What are your triggers for overspending?

Describe your current relationship with money.
Is it one of control, anxiety, or freedom?

What emotions do you experience when you think about investing?
Are there any biases holding you back?

What are your biggest financial fears? How can you address them constructively?

What can you do to automate my investments to eliminate emotional decision-making?

What negative financial beliefs are holding you back from reaching your goals?

What are your non-negotiable expenses?
How can you optimize spending in other areas?

Reflect on the last purchase you made. Was it a need or a want?

If money were no object, what would you be doing differently in your life?

How do you handle financial stress? What coping mechanisms work best for you?

What is your attitude towards debt, and how does it shape your financial decisions?

Imagine your ideal financial future.
What steps can you take today to move closer to that vision?

Take a moment to appreciate the value of experiences over material possessions.

Identify one area where you can splurge guilt-free, and plan a small indulgence.

What do I believe the most with the least amount of evidence of it being true?

What annoys me about other people that I sometimes do myself?

Is this thing I'm worried about actually a problem, or am I looking for problems to worry about because they make me feel in control?

What role did money (or lack of it) play in your upbringing?

How do you feel about sharing your financial status with loved ones? Why?

What are you always happy to spend money on? List 5 things.
What are you always unhappy to spend money on? List 5 things.

What will a good money mindset mean for other areas of your life?

What are your strategies for saving money?
How do you stay motivated to stick to them?

Have you ever experienced financial hardship? How did you overcome it?

Describe how being financially literate would empower other areas of your life.

Describe your history (or your family's history) with debt.
How do you feel about the role debt has played in your life?

Do you feel like you are financially “behind” your peers? Alternatively, do you feel like you are “ahead” of them? Why or why not?

If you were gifted one million dollars tomorrow, what would you do with it?

Describe how your life would change if your salary were doubled, how it would change if it were cut in half.

How does money influences your personal relationships?

How does my financial status affect your self-esteem?

What amount of money would you need to have in your bank account to feel financially secure?

What does 'generosity' mean to you, and how does it fit into your financial mindset?

What is the most expensive thing you've ever bought?
Was it worth the cost, and why?

What can you do today that your future self will thank you for?

Write a letter to money, telling it how you really feel it.

Who do you know that has money and what do you assume about them?

What are the 'free' things in life that bring you joy?

How do you want to be remembered?

What does your inner critic tell you? Why are they wrong?

What does having “enough” money mean to you?

What holds you back from going after what you want?

HABITS TRACKER

Small Habits, Big Impact

Building strong financial habits is like growing a mighty oak tree
– it starts with tiny acorns!

Your habit tracker is where you plant those seeds and watch your financial goals take root.

Why Tracking Works

Awareness is Power:

Tracking makes you mindful of your daily choices.

Celebration Central:

Every checkmark is a mini-victory!

Course Correction:

Notice patterns? Adjust your habits for greater growth.

Monthly HABIT TRACKER

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	13	14	15	16	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31					

<input type="text"/>	1	2	3	4	5	6	7	8	9	10	11	12
	13	14	15	16	17	18	19	20	21	22	23	24
	25	26	27	28	29	30	31					

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