



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #8 Transcript: Build Wealth: Where Do You Begin?

JANE SHINE:

I don't know about you but I used to dream about having a million dollars. Do you do that too? Do you dream about what vacations you would go on, what car you would drive, or house you would buy? Are you decorating the house in your mind? Smelling the leather in your new car? Let me ask you - do you ever take those dreams and turn them into realities? Because I just gotta say - believe it or not, creating wealth is not as difficult as you might think.

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! Positively Jane is about prioritizing who you are on the inside. It's about consistent action. Small baby steps. Which, when looking back, will have led to miles of joyful highway traveled. I can't wait to dive in!

Let's talk about a wellness product that I am loving. After years of dieting, I have decided, at the ripe old age of 69, that I would rather be healthy than spend my time on diets. I needed healthy alternatives that were quick and easy for me cause I am a busy girl!! I decided to begin this new journey with smoothies. I can make 15 at a time, put them in reusable freezer bags so I can grab, blend and go. I needed a really good protein powder. One without all the chemicals, added sugars, and one with a high protein content AND one that tastes great. Asking a lot, right?

Enter in the Be Well by Kelly Protein Powder. Each scoop has 24 grams of protein. You can get vanilla, chocolate, or unflavored. Grass fed or vegan based. My smoothies taste great and they fuel me all afternoon! Check out Be Well and those smoothie bags...your body will thank you. Use the code PJ10 and get \$5 off. Links are in the show notes.



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JANE:

In episode #6 I talked about our money journey. How we went from being broke to living our dream lifestyle. If you haven't listened to that please do. In the meantime let's get started on putting your foot on the path to financial freedom and creating wealth. Which will definitely bring you one step closer to experiencing your joyful life.

I am going to spend a few minutes letting you know what I told all of my budget ladies when I was a budget counselor. Before wealth can be created you need to know where you are now. How much money is coming in and how much money is going out. Money in minus money out = Leftover money. The money you use to fund your future.

So let's dive in.

Joy in your finances comes from knowing that you are in charge. It means that you need to shift your identity from where you are now to where you want to be. If you are broke and all you can see is being broke then you will stay broke. If you spend money like it's water and you have no intentions of making a change then you will not be able to have the wealth that you dream about for your future.

Becoming financially independent means that you are telling your money what to do and not the other way around. If you have endless debt and minimum payments to juggle your money is the boss. You don't get to decide what to do - it has been decided for you.

But when you have extra money, you get to decide if you want to buy new shoes, go out to lunch with friends, save for a vacation, car, college...or whatever you want. You can decide to save and invest it...so that your money grows and grows. YOU get to decide. You are the boss. And I don't know about you - but I love being the boss. Just ask anyone in my family.

And when you have the freedom to choose...you have the joy.

Money is only a joy stealer when you allow it to be in charge. When you get your money in order you are in charge...and then you are living that joyful life -



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with money in your wallet!

Now do I hear you saying - ok Jane, how do I get my money in order? I am so glad you asked because here you go!

FIRST – take a birds eye view of your money. Are you happy with where you are financially? Or do you want to go on vacations, pay for college or weddings? Do you want money for little things - like Target runs, toys for the kids, maybe even a new rug or lamp. And what about retirement – do you have any money for that? Because Social Security will pay you peanuts compared to what you are used to living on.

Do you have money for emergencies – like a new roof or hot water heater? What about a newer car? Can you afford car repairs? How about the basic necessities of life like food and shelter? Can you afford those? What would happen if someone got sick...like really sick – how would you pay for those medical bills.

Maybe you make a good income, like we did, but the expenses of your lifestyle strip you of financial margin. Every penny is spent before it is earned. I totally get that - cause this was us.

If your answers to these questions are **not what you would like them to be** – meaning that you would really like to make a change. You would really like to get your head above water. You would really like to stop spending and save more... it's time to figure out your money. These are your goals. And if they are big enough, **and you want them enough, you WILL make changes.** Because this is what happened to me. I had NONE of above...and wanted it all, so I made BIG changes.

And before I forget, I have included a FREE 'Putting the Joy in Your Finances' workbook for you. The link is in the notes. Print this out and spend a few minutes writing down our BIG why and your goals. And when times get tough or you are just tired of it all refer back to this page - it will keep you going!

When I realized that changes needed to be made, and, at that time, if you would have asked me if I had an extra \$20 to pay off debt or save I would have



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said no way! (little did I know that I had thousands and thousands that were hiding from me just waiting to be discovered.)

SECOND – Analyze your spending. Grab your workbook and write down every purchase you make. This is your money journal. And when I say every purchase, I mean every one.

You will have 2 lists. One will include your automatic monthly payments like your mortgage, credit card payments, utilities etc.

The other one will include the money you spend as you live life. Getting coffee. Eating out. Getting your hair highlights or nails done. Gas in your car. Target runs. Amazon purchases...you get it...ALL. Cash or credit card.

At the end of the month grab your highlighters and highlight all the like kinds. Eating out can be yellow. Personal stuff can be green. Clothes pink. And so on. What you are doing is separating everything into categories. And then analyze your spending habits.

Because the majority of what you bought with your money was probably from a habit. You drive by Dunkin Donuts and get an iced hazelnut latte everyday....it's a habit. And if you need a refresher on how powerful habits can truly be listen to episode #3 - Are Habits Powerful?

Eating out all the time is a habit. You've moved from cooking at home because it's easier to eat out.

You think - I need more pink himalayan sea salt and immediately go to amazon so you have it in 2 days. Without even checking your bank account to see if you have the money for the purchase. Habits...every single one!

You head out to Target and see what is new. But before you cruise those aisles you grab your fave Starbucks drink. Target isn't dumb - they know us ladies!

When I go on vacation I have a habit of stopping at the gas station and loading up on snacks. Things I would never eat otherwise. And this is a bad habit that I am trying to break!



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NEXT – look at your income and compare it to your spending. Is it your income that is holding you back or your spending too much? Meaning do you make a lot of money and spend too much? We had an amazing income...it was my spending that was out of control, only I didn't know it.

How many times did I go to Costco to get a 'few things' and leave after spending \$396? Way too many. How many times do you go to Target for diapers or 1 jar of nail polish and leave with 5 bags of 'musts' that you really didn't need?

Or is it your debt that is holding you back? How many credit cards do you have? Do you make minimum payments? Do you have a bunch of those buy now pay later bills that have come due? Car payments?

All of this money that you are spending is the hidden money. It's cloaked in Costco and Target runs, Amazon buttons and lattes every day. And in order to get ahead of your money, you will need to either cut back on your spending or make more money.

I will focus on your spending in this podcast.

In order to get ahead of your money and find the joy, you need to find that extra that is hidden. When you cut back and only buy essentials – you find the extra. I went on a cash budget. And could only spend what I had in my wallet. ZERO credit cards. And boy was it tough at first. I had NO idea how many things I spent my money on that were impulse purchases. This is definitely a future podcast.

Look at those automatic payments. Do you really need a subscription to 6 different TV channels when money has you stressed out or you want to build wealth? Do you really need cable at \$200 a month? What apps are you paying for that you don't use? Can you cut back on the expenses for the kids? Maybe 2 activities instead of 4. How many magazines do you buy at the checkout? Do you supersize it every time you go out?

It's time to cancel and stop spending money on what you REALLY don't need and use that extra money to pay off debt. Or build your savings account. Or



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invest for your old...er age.

I promise you, **when you get ahead of your money**...when you know where your money is going rather than wondering where it went...when you have a safety net...your financial stress and overwhelm will go away.

And guess what happens next...
You find the joy in your finances.

In my quest for that million dollars, I realized that money wouldn't make me happy. And, money won't make you happy either.

What makes you happy is knowing that you are on track to reach your financial dreams.

BECAUSE YOU KNOW:

- You have an emergency fund.
- You are paying yourself first (your savings) and spending what is left...not the other way around.
- You are on track to have money for vacations, college, new cars, a home down payment, and become debt-free. Just fill in the blank. That is you.
- Your retirement years will be filled with abundance where you can live the life you always wanted but never thought possible.
- You now have 'extra' cash in your budget so that you can fund the things you love today.

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YOU HAVE PUT THE JOY IN YOUR FINANCIAL GOALS!

And, when you can get a handle on it all, create a savings plan, and only spend what you decide ahead of time you are on your path to finding financial joy. I have so many financial tips and tricks. Please check out all of the blog posts. I linked them below.

I hope this has been helpful for you. It is a beginning snapshot of money and finances...so much more to come.

And as always, I would like to encourage you not to let the circumstances of life



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kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this will definitely help you take the first step towards living your joyful life.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - go out and make it a joyful day!

Links mentioned in this episode:

- ['Putting the Joy in Your Finances' Workbook](#)
- [Financial Independence Society](#)
- [Positively Jane Personal Finance Blog Posts](#)
- [Joyful Living Quickstart Guide](#)
- [Aging Gracefully Newsletter](#)
- [PositivelyJane Website](#)
- [Be Well By Kelly Protein Powder \(use code PJ10 for \\$5 OFF\)](#)
- [Quart Size Smoothie Bags](#)
- [Positively Jane Instagram](#)
- [Positively Jane Facebook Group](#)