

*Mindset on
Luxury*

DIGITAL WORKBOOK

COACH BRITT

How to Use

This Digital workbook is fillable feel free to go back and reuse this resource as much as you like! Make sure to save the file before attempting to fill any of the pages or it will not work! Have fun developing your luxury lifestyle!

Hello!



Welcome to Mindset on Luxury. This is where we explore the mindset needed to live a rich life and how to build and grow your financial wealth. The first step in this process is realizing that there are no peasants, only people with different priorities and mindsets toward money. If you're tired of a lackluster life but don't know where else to turn, read on!

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CHAPTER 1

Introduction

Lets Get Started

How to Start Building Your Own Rich Life

Start by changing your mindset. Stop thinking about what you don't have and focus on the things that matter to you. If you want to be rich, stop thinking about how much money everyone has and focus on what you can do with your own life.

By changing your priorities. People tend to focus on the things that make them happy when they are young, but as soon as they get a little bit of money, they stop doing those things because they now have "more important" things to spend their time and energy on instead—like working harder so that they can make more money!

Realize that there is no us versus them when it comes to being successful; there is only self-reliance versus dependency—which means if someone else has something better than us (whether it's better clothes or better relationships), then our job isn't necessarily going out there trying to get theirs--instead, our job should be figuring out how we can call ours!

CHAPTER 2

The Luxury Mindset

What is a Luxury Mindset?

The luxury mindset is a way of thinking that encompasses an appreciation for the finer things in life. It's about having a keen eye for quality, elegance, and sophistication. Those who possess this mindset are not necessarily wealthy, but they value the experience of luxury living.

They understand that life is short and that it's essential to make the most of it. The luxury mindset is about living life to the fullest and not settling for anything less than the best.

To understand the luxury mindset, it's essential to recognize that it's not just about material possessions. It's about creating a life that is meaningful, fulfilling, and enjoyable. It's about cherishing life's moments and finding joy in the little things.

Those who possess the luxury mindset understand that life is not just about accumulating wealth and possessions, but it's about creating a life that is tailored to their specific needs and desires.

Mindset Switch!

Luxury is an attitude.

It's a mindset that can be adopted by anyone at any time, and it can be used to transform your life.

The luxury mindset doesn't have to be expensive. It doesn't have to include fancy cars or expensive clothing or jewelry. There are many things you can do to adopt this mindset without spending any money at all.

Luxury is about making choices that please you and make you happy — even if those choices aren't always the cheapest ones or offer the most value for money.

With a luxury mindset, you can enjoy life without worrying about money or status or keeping up with the Joneses. You can focus on living in the moment and doing what makes you happy instead of worrying about what everyone else thinks about how much money you earn or how much stuff you buy.

Benefits

There are many benefits to adopting a luxury mindset. The most obvious one is that it will allow you to be more confident in your life and the things you do. You will feel more secure in yourself because you know that you are doing the right thing and that you deserve it. It will also help improve your self-esteem, making it easier for others to respect and want to be around you.

Another benefit of adopting this mindset is that it allows you to enjoy every moment of your life more fully. When you live with this mindset, then everything becomes an experience. Instead of simply going through life, taking things for granted, then getting bored and moving on, living with this mindset means being present in every moment so that there is no time wasted on regret or wishing things could be different than they are. This can help reduce stress and make your life much more enjoyable overall.

Benefits

If nothing else, living with this mindset can make all of your other goals easier to achieve because it gives them meaning and purpose behind them. When we go after something because we want it or need it, then there's no excitement or joy involved - these are just things we need!

CHAPTER 3

The Steps

Step 1: A world Divided

Step 1: Realize that the world is not divided into rich people and the rest of us peasants.

You are not one of the peasants. You don't have to be rich, but you do need to believe that you can become rich. The world is not divided between rich people and the rest of us peasants. The world is divided into people who want to be rich and people who don't. If you want to be rich, then you will become rich (or at least better off than when you started). If your goal is simply survival, then so be it—but know that this book won't help with that one!

ASK YOURSELF ;

- 1. HOW DO YOU BELIEVE THE WORLD IS DIVIDED?**
- 2. DOES THIS POINT OF VIEW HELP YOU TO FLOURISH OR KEEP YOU STUCK?**
- 3. WHO DO YOU BELIEVE DESERVES LUXURY AND WHY?**



Step 2: Decide

Step 2: Decide what you want out of life.

In this step, it's time to get specific. Ask yourself: What do I want out of life? Make it as detailed and transparent as possible—don't say "I want a better job," instead say "I want to be promoted within the next year at my company." It may seem difficult at first, but remember that anything is possible.

Once you have decided what you want in your life, make sure it's realistic! This is where Mindset on Luxury comes in handy. We'll give you advice on how to follow through with your goals and achieve them by helping you develop an effective mindset for achieving whatever desire or dream you have set your sights on.

Next, how exactly will getting what you won't make me happy? Why would I still pursue something that doesn't seem like it will make me happy (or even if it does)? Why am I not pursuing other things that do make me happy? What would happen if I didn't get what I wanted?



VISION BOARD

NAME :

DATE/TIME :

FAMILY :



RELATIONSHIP :

CAREER :

PERSONAL :



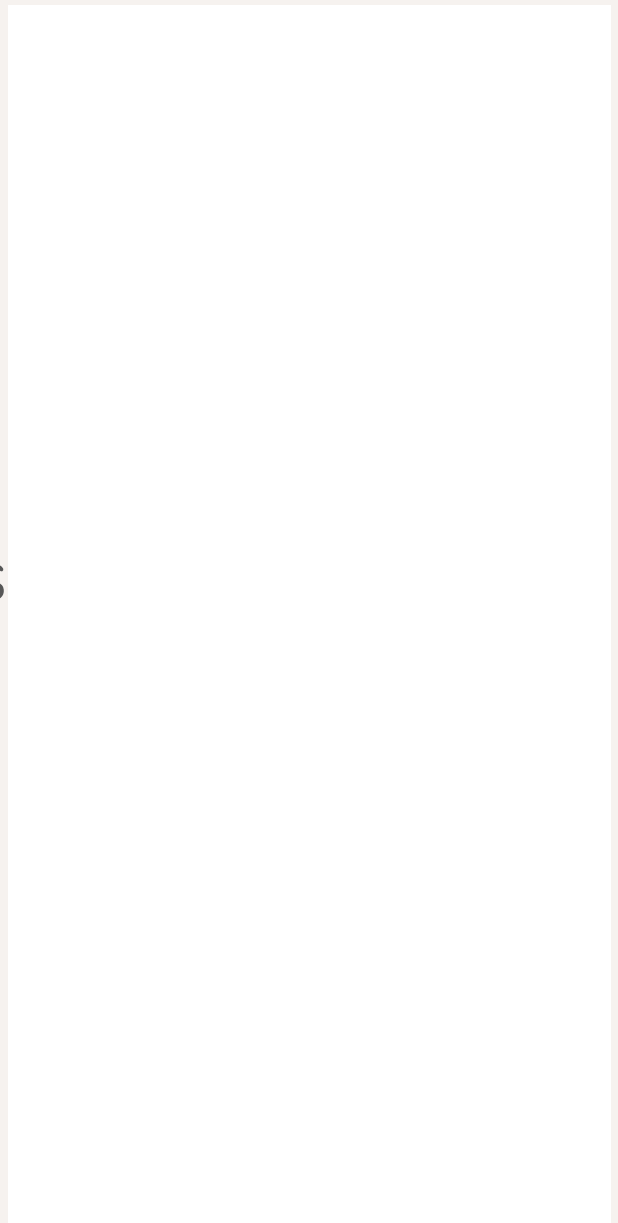
What will be Different?

Using the space below decide what will be different, compare and contrast your new life and your current life!

CURRENT
LIFE



NEW LIFE



VS



Action Steps

1

Pen down your vision for your luxurious life in vivid detail. Let your imagination soar and envision your dream life as if it's already a reality. Allow yourself to be inspired by your aspirations and let your words reflect the passion and excitement you feel.

2

Let's ignite the fire within you to realize your dreams! Take charge and craft a practical roadmap towards achieving your vision. Let's break down your aspirations into actionable steps that will propel you towards success.

3

Create a plan and set specific deadlines to achieve your goals. Remember, every step you take brings you closer to your dream. Believe in yourself and stay motivated, you've got this!

Step 3: Self-Talk

Step 3: Work on your self-talk and how you talk to other people.

For the next step, we'll focus on how you talk to yourself and other people. How you speak is essential because it can influence your actions and reactions. Here are some tips for reframing negative self-talk:

Think about a time when someone said something that hurt your feelings. Write down what they said, then write down what parts of it were actual (even if they were spoken with an ugly intention). Next, write down how those words made you feel (e.g., sad, angry) and how long those feelings lasted (e.g., 5 minutes).

And fundamental tangible ways to make positive changes happen!

Step 3: Self-Talk

Now think about all of the things that are good about yourself—the things other people see in you and your accomplishments or positive qualities. Write these down too! You might also want to make a list of everything wrong about other people so that when they come up in conversation again, this will help remind us why we shouldn't care what anyone thinks about us anyway :)

Now that we've covered changing our self-talk and talking with others more positively--let's move on to Step 4.



Step 4: Priorities

Step 4: Change your priorities to focus more energy on becoming wealthy.

To change your priorities, you have to change your mindset. Many people are programmed to believe that working hard on something is all that matters. This is an old way of thinking held by those who don't know better. If you want more money in your life, work harder to get more!

In truth, it's not about working harder at being wealthy—it's about focusing more energy on becoming wealthy. That's why I recommend changing your priorities to focus on becoming wealthy rather than just making much money for its own sake or for others' approval (e.g., parents).

The first thing to do when setting new priorities is to figure out what they should be based on what matters most in life:

That's why I recommend changing your priorities so that they focus on becoming wealthy rather than just making a lot of money for its own sake or for the sake of others' approval (e.g., parents). The first thing to do when setting new priorities is figure out what they should be based upon what matters most in life:

Ask Yourself!

- What is my true purpose?
- What do I want from life?
- Remember your five focus areas and list what you want from all focus areas—family, Relationship, self, financial, and emotional.
- What do I value?
- What do I wish to leave behind as my legacy?
- Whom do I care about? And where do I rank on that list?
- What does peace mean to me? Is it important?
- Am I currently living in a way that reflects my purpose?
- Am I prepared and willing to believe in myself?



Step 5: Money

Step 5: Put your money in the right places--like those investments!

When you are investing in the right places, you will help yourself become rich. There are many different types of investments that can help you to become rich. You should invest in the best kind of investment for your situation. If you want to ensure that your money is working for you, then investing in the right places is essential.

This means that there are many different types of investments that may work well for some people but not necessarily everyone else; therefore, if someone wants to be successful with their money, then they must know how much they need each month, as well as which type(s) of investment(s), will give them better results than others would provide at any given period.

Ask Yourself!

When getting your finances in order, I certainly believe you should contact a professional for help! I did, and I have zero regrets and a lot more understanding of money!

Before meeting with a professional, take some time to answer these questions:

- **What do I already know about my management?**
- **How have I been managing my money, if at all?**
- **How much do I want to make each month/year?**
- **How much am I currently making?**
- **Make a list of 5 to 7 things you are uncertain of when managing your money.**

Save your answers for when you meet with your preferred professional; this way, they have a starting point on how to help you. You should also bring or have handy any bank statements or other financial references.

CHAPTER 4

Confidence

Confidence

In today's world, it seems like women are constantly battling with their self-image. Everywhere we look, we see images of women who have been photoshopped and edited to appear perfect. Everywhere we look, advertisements that promise us the solution to our insecurities will be found by buying this new product. Women struggle with their self-image because they are bombarded on an almost daily basis with marketing messages telling them they aren't good enough as they are.

This is why it's so essential for every woman to develop unapologetic confidence and a healthy self-image as a woman. When you feel good about who you are, you're not nearly as susceptible to the pressures and messages from advertisers and media that tell you something about yourself isn't good enough. So let's take a look at some ways you can develop unapologetic confidence as a woman!



Confidence

So what exactly is confidence? The dictionary defines confidence as the feeling or belief that you can trust in something or someone. But for this book, we will define confidence as the authentic belief and understanding of who you are, your purpose, and your passion regardless of your environment! I struggled with confidence for the better part of my life, not because I lacked it but because I didn't know what it was or how to use it! I didn't understand that confidence was a skill that could be built and developed for my use, and because of this, my self-esteem was diminished, and I felt like I was missing something that everyone else seemed to have.

We all want the success of some sort in our lives, and confidence is one way to obtain it! Confidence is such an important part of success. If you can't stand up and tell yourself that you can achieve your goals, how will anyone else believe in them? The story you tell yourself about yourself impacts your confidence tremendously! You must tell yourself **YOU CAN** and, most importantly, **BELIEVE IT!** Confidence lives in your words, thoughts, and actions, and to truly be confident, they have to all be something you believe in!

Confidence

You are a unique individual, and it is time for you to start believing in yourself. We all have great qualities that we can use to our advantage. This chapter will help you discover what makes you unique and how you can use this quality to become a more confident person.

I want you to know that it's okay to be yourself. You don't need to try and fit into any mold or be anybody else but who you truly are. When you embrace your uniqueness, there is nothing holding you back from achieving greatness in life!



6 Secrets to Developing Confidence!

Unapologetic confidence is a quality not many women feel they possess. Those who do are often labeled as “cocky” or “self-centered.” This is unfortunate because confidence is an attractive trait in anyone, regardless of gender.

Thankfully, there are ways to develop unapologetic confidence as a woman — no matter your age or your current disposition towards self-esteem. Here are seven secrets to developing unapologetic confidence as a woman:



6 Secrets to Developing Confidence!

Be proud of your past actions, no matter how they turned out.

Learn to look back at the things you've done in your past with pride and confidence. Even if those actions didn't turn out the way you intended and are not things you would do again, be proud of the fact that you took action. That's a quality we all need more of — women and men alike. If you failed at a certain task, learn from your mistake and then be proud of the fact that you are not making that same mistake again. There is no value in beating yourself up for past mistakes, but there is great value in learning from them. That kind of self-confidence is attractive, no matter the gender of the person you are reflecting on.

Learn the art of saying “no” without feeling guilty.

One of the easiest ways to develop unapologetic confidence is to learn to say “no” without feeling guilty or sorry for the person you're refusing. This doesn't mean you should say “no” to everything, but it does mean you should say “no” when you feel it is necessary.

6 Secrets to Developing Confidence!

For example, if a friend asks you to go to the movies on a day you have a ton of work to finish, you should feel confident enough to say no without feeling guilty about how much work you still have to do. Or, if your significant other wants you to take a day off from both work and school to spend the day with him or her, you should feel confident enough to say no without feeling guilty about missing a day of class.

Celebrate your imperfections and know they are what make you unique.

Women are told they need to be “perfect” in order to be loved and accepted by society. This is something no one should ever feel pressured to strive for — especially women themselves. We all have flaws, and those flaws make us unique. Part of developing unapologetic confidence as a woman is celebrating those imperfections and knowing they are what makes you one of a kind. Your hair may not be the “ideal” length or color, your skin may have acne, your teeth may be crooked, or your laugh may be a little obnoxious — but those are the things that make you perfect just the way you are.

6 Secrets to Developing Confidence!

Stop caring so much about what others think of you.

For many women, it can feel like there is constant competition taking place, especially when you are in your younger years. It can be easy to fall into the trap of constantly worrying about what others think of you — and that can be a real hindrance to unapologetic confidence.

You can develop unapologetic confidence as a woman by simply trying to stop caring about what others think of you. It's not always easy to stop caring about what others think, so take baby steps if you have to.

Start by trying not to care what that one person thinks of you who always has something negative to say. Once you've mastered that, you can move on to caring less about what your entire circle of friends thinks.



6 Secrets to Developing Confidence!

Take risks in order to develop unapologetic confidence.

Take risks — even if they don't always work out. Women are often advised to play it safe and not take risks, but that is a surefire way to stunt your growth as a person. Take risks and let yourself fall flat on your face every now and then. The more risks you take, the more unapologetically confident you will become. You will fail at things. You will make bad decisions. That's all a part of life and a part of growing as a person. You will learn from your mistakes and eventually become someone who can easily shrug off failure and mistakes. That is the type of person who has unapologetic confidence.

Confidence is not the same as cockiness or arrogance.

Confidence is not the same as cockiness or arrogance. Cockiness is when a person acts self-centered or brags about things they haven't actually achieved. Arrogance is when a person feels superior to others without having earned that right. Confidence is having faith in your abilities and trusting yourself to succeed in whatever you attempt — without bragging about your accomplishments or acting superior to others.

6 *Secrets to Developing Confidence!*

Having unapologetic confidence is not about being better than others or bragging about your accomplishments. It's about having faith in yourself and your abilities without needing to stroke your ego or build yourself up at others' expense.

Having unapologetic confidence as a woman is one of the best ways to show the world that you are an important part of it — no matter your age or your current disposition towards self-esteem. There are ways to develop unapologetic confidence as a woman — no matter your age or your current disposition towards self-esteem.



CHAPTER 6

Creation Journal

THE FOLLOWING PAGES
ARE FILLABLE. YOU MAY
GO BACK AND EDIT ANY
TIME YOU NEED TO!

About the New Me!

WHAT I LIKE MOST ABOUT ME	WHAT I LIKE LEAST ABOUT ME
PERSONAL GOALS	POSITIVE SELF AFFIRMATIONS
EXPECTATIONS	
PERSONAL EXPECTATIONS	LIFE EXPECTATIONS

SELF-AWARENESS

ASSESSMENT

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



ACTION

BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING

LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



MONTHLY BUDGET PLANNER

Budget Goal: _____

Month: _____

Income

Date	Description	Amount
Total		

Fixed Expenses

Date	Description	Amount
Total		

Other Expenses

Date	Description	Amount
Total		

Bills

Date	Description	Amount
Total		

Recap

	Goal	Actual	Difference
Earned			
Spent			
Debt			
Saved			