



MONEY BREAKTHROUGHS

A 21-day
money cleanse

JOY. ABUNDANCE. POSSIBILITY.

Finding new systems that support you

Week 2 | Create

Part V – Finding new systems that support you

So now it's time to get personal. Money is a very personal subject and the way you interact with it on a day to day basis shapes much of your perception of scarcity or abundance.

This is really your chance to declutter and shift the things that aren't working for you.

Don't like feeling stressed when you have to follow up with a client that owes you money? Maybe it is time to outsource collections, or request payment up front before you deliver services.

Hate scrambling around the first of April to get all of your receipts organized so you can get your taxes done? Set up a system where you enter expenses as they happen, invest in some financial software, or maybe hire a bookkeeper.

Don't have the time to run to the bank and deposit checks? Get set up to take credit card payments, download the banking app so you can deposit checks digitally, or have your client set up a direct deposit into your bank.

No matter how big or small the change, every time you remove “stress clutter” around your money, you free up valuable space to create more positive interactions with money.

[Today's assignment](#) is to go back through the list of ideas to strengthen your money systems and habits and be honest with yourself.



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- Where do you think you can improve a system or habit that will make a difference?
- What is screaming for attention?
- What have you been putting off?

Seriously, this can be anything from making a commitment to look at your bank balances once a month to hiring a CFO to analyze your weekly profit and loss and everything in between. If you are feeling overwhelmed, pick just one or two items and keep in mind, nothing is too small. Every little baby step will take you in the right direction.

There are no right or wrong answers here, and make sure you are doing this from a place of what feels right FOR YOU. Drop all the “shoulds,” the judgements, the fears, and above all stop comparing yourself to others. Your money journey and money relationship is your own. Just because something works for your mom or your best friend, doesn’t mean it will work for you. Yes, it is great to talk to other people about what works for them, but take this kind of advice at face value.

I have worked with over 100 bookkeeping clients and not one of them are exactly the same. The systems around your money is not a cookie cutter, one-size-fits-all solution.

[Follow this link to download the Finding New Systems That Support You Worksheet](#)

XOXO

A handwritten signature in black ink that reads "Carolyn". The signature is fluid and cursive, with a long horizontal stroke at the end.