

# Transcript – Introduction: Identifying What You Want

## How to Set Life-Changing Financial Goals Course



All right, mamas, ready for module one? We're going to talk about identifying what you really want and we're going to get deep here. By the end of this module, you're probably going to feel like I'm your toddler asking you, "Why?" 52 million times. But if it feels like that for you, if this feels hard and difficult, know that you're not alone. That a lot of us have buried what we want and we've muted our emotions to fit into societal standards or to please our parents or to just do the day-to-day things. We get into the role of mom and employee and whatever other hats we wear in life and we forget how to connect with what we really want.

So this is the section that I think you should really spend a day or two on, maybe do one of the each of the three videos a day over the next couple of days and give yourself some space.

If you try to rush through this, you're not going to be able to get underneath all that surface-level stuff, I was just talking about. You're going to give the answers you think you're supposed to and I want you to take the time to reflect.

This section has three videos.

First, we're going to talk about how do you want to feel about money? And yes, that's going to sound a little woo-woo to the Type A, black and white people that are a little bit like me, but it's important and don't skip it.

Then, we're going to talk about what are your core values? What do you want in life? What's important to you? What makes you happy and brings you peace?

And then we're going to dream and we're going to think about what would our lives look like if we were better with money today? If we're better with money over the next months or years, and nothing else in our overall situation changed, we just changed our relationship with money, what would our lives look like? And then what's our ideal situation? What's the big dream? Where are we going?

All three of these things are going to set the stage to help us set meaningful goals later in the course. So make sure you take some time with this. Find a quiet space, print off the worksheets and journal if that's how you work.

If you are someone who thinks better through voice, I'm someone like that, then Voxer is a tool that's like a walkie talkie app on your phone. That's actually how I think through a lot of things. I have a couple of friends that just let me ramble at them to process my thoughts. Truly, this is a great exercise to do with friends. People who can check you and ask that "why?" question when I'm not there to follow up with the question 43 times.

Or use an app called Otter.ai. So, Otter is a transcription app. You can talk to it and it'll transform it into text. Then you can kind of go back and think.

However you choose to think and learn, give yourself some space to do that. And by the end of this module, we'll have a much better understanding of what we want and where we're going, so let's get started.