
SCARCITY
SURVIVAL MODE
MONEY SHAME
GENERATIONAL CONDITIONING
BAD HABITS
LIMITING BELIEFS
FAMILY EXPECTATIONS
"I'M JUST BAD WITH MONEY"
OLD MONEY RULES
STILL JUST SURVIVING?
Carrying too much for a life you no longer want.
Same Patterns Same Results
Some of this ain't even yours Let it go.
CHECK YOUR BAGGAGE
Before we build wealth, let's unpack some shit.
Lighter
Wiser
Richer
Happier
Free
Peace
Happiness
More Options
Financial Freed
A Bigger Me
Heal
Unlearn
Release
Rebuild
Level Up
A SOFTER LIFE IS POSSIBLE
DISCIPLINE
INTENTIONS
BETTER CHOICES
WEALTHIER ME
PRE'ASIA MOORE
THE MONEY MINDSET MENTOR

YOUR Itenrerary

HERE'S WHERE WE'RE HEADED

mmm

FINANCIAL FREEDOM

1

WHAT'S IN YOUR BAG?

Before we unpack it, we have to know what we're carrying

2

WHO PACKED THIS?

Where did these beliefs come from – and are they even yours?

3

IS THAT YOURS?

Separate inherited beliefs from your own beliefs.

4

KEEP IT, CHECK IT, OR CHUCK IT?

Some shit helped you get here, but all that shit can't come with you!

5

WHAT ARE YOU PACKING FOR?

Where are you actually goin, and does your money know the destination?

6

PACK DIFFERET. MOVE DIFFERENT

Knowing better is only half the battle. Doing better is where it gets tricky.

7

SO..... WHERE TO NEXT?

Your bag is checked, not its time to choose your next destination.

Welcome to the Movement

When you hear The Money Mindset Movement, I want you to automatically think about three things:

MONEY.

What were you taught about money?

What is your relationship with it?

What does your internal dialogue sound like when money enters the conversation?

Before we can talk about building wealth, we have to understand what money already means to you. Because whether you realize it or not, you've been building a relationship with money your entire life.

MINDSET.

Now we have to ask why.

What influenced those beliefs?

What experiences shaped the way you feel when money becomes the topic of conversation?

What did you witness growing up?

And what environments taught you how to survive before you ever had the opportunity to learn how to succeed?

Our beliefs about money don't come from nowhere.

They have roots.

And sometimes, before we can reap the fruit, we have to be willing to dig that shit up.

MOVEMENT.

Now that we've gotten to the root...

What are we going to do about it?

Where do we go from here?

What's our next move?

And most importantly—

will that next move be our best move?

Those are the questions The Money Mindset Movement was created to answer.

Because **the thing is...**

it's not just about where you're coming from.
It's about where you're going.

It's about what—and who—you're taking with you.

It's about what you're willing to leave behind.

And it's about who you're moving for.

Maybe you're moving for yourself.

Maybe you're moving for your children.

Maybe you're moving for the version of you who had to learn how to survive before you ever got the chance to even dream about what success could look like.

Whatever your reason is...

we're moving.

Check Your Baggage is simply the first step.

These pages are an opportunity to uncover the beliefs, behaviors, experiences, and patterns that may no longer be serving you—and to begin rediscovering and rekindling your relationship with money.

I’m Pre’Asia, your Money Mindset Mentor, and I believe that movement is a cure for stagnation.

So if you're ready to move through these pages...

Move through limiting beliefs.

Move through uncertainty.

Move through fear.

Move through survival.

And start moving toward success, stability, freedom, and whatever wealth looks like for YOU...

you've come to the right place.

Welcome to The Money Mindset Movement.

Sit back, relax...

AND ENJOY THE RIDE. 🧳✈️

KNOW BETTER. DO BETTER. BUILD BETTER.

WELCOME TO

Baggage Claim





Okay, friend. We need to talk about your money.

Before we start talking about saving, budgeting, building a business, investing, credit, multiple streams of income, generational wealth, or any of the other sexy stuff people love to talk about when it comes to money...

We need to check your baggage.

Because whether you realize it or not, you've been learning about money your entire life.

Long before you had bills, a bank account, or a paycheck, you were watching.

You watched how the adults around you handled money.

You heard what they said when there wasn't enough. You noticed who paid the bills, who controlled the money, who spent it, who saved it, who fought about it, and who always seemed stressed when money came up.

Maybe you heard:

“Money is the root of all evil”

“We can't afford that.”

“I'm not made of money.”

“More money, more problems.”

Or maybe nobody taught you shit about money at all. But unfortunately, that taught you something too.

And somewhere between what you were taught, what you witnessed, what you experienced, and what you had to figure out for yourself... you packed a bag. **Some of what's in there might be worth keeping.**

Resourcefulness. Discipline. Gratitude. Resilience.

The ability to make $100 stretch like 1,000 when necessary. 😂

But the rest of it?

Baby... TSA would've BEEN confiscated that shit.

Scarcity. Fear. Shame. Avoidance. Impulsive spending. Financial anxiety. Survival habits. Limiting beliefs.

Maybe even financial behaviors that made perfect sense during one season of your life, but don't belong where you're going next.

And that's what we're here to unpack.

Not to blame your parents.

Not to shame yourself.

Not to pretend positive thinking alone is going to magically fix your finances.

We're here because you can't intentionally change a pattern you haven't recognized yet.

So we're going to look at what you're carrying, figure out where it came from, decide what still deserves space in your bag...

and leave the rest of that shit at baggage claim.

Before we build wealth, let's unpack some shit.

SECTION 01

MONEY MINDSET MOVEMENT

SOME OF THIS STUFF IS HEAVY...

BUT IT'S TIME TO SEE WHAT YOU'VE BEEN CARRYING.

WHAT'S IN YOUR BAG?

YOU CAN'T UNPACK WHAT YOU HAVEN'T IDENTIFIED.

PASSPORT

HEAL
LEARN
UNPACK
GROW
BUILD
REPEAT

DEPARTURES

- CLARITY
- CONFIDENCE
- HEALING
- WEALTH
- FREEDOM
- LEGACY



SHAME

PEOPLE MODE

FEAR

PEOPLE PLEASING

GENERATIONAL PATTERNS

NOT ENOUGH

SELF-DOUBT

SURVIVAL MODE

UNHEALED EXPERIENCES

A lighter You is waiting ♡

OLD BELIEFS
PAST EXPERIENCES
FAMILY MESSAGES
FINANCIAL TRAUMA
UNSPOKEN RULES
WHAT COULD'VE BEEN

A LIGHTER BAG A BRIGHTER YOU

BOUNDARIES
SELF AWARENESS
BETTER HABITS
FINANCIAL PEACE
A BIGGER YOU

SAME PATTERNS DIFFERENT SEASON

BIG PATTERNS HIDE BIGGER BLESSINGS

HEAL
LEARN
UNPACK
GROW
BUILD
REPEAT

PAST DUE

BILLS
EXPECTATIONS
RESPONSIBILITIES
PRAUMA
PRESSURE
SURVIVAL

FROM: SURVIVAL
TO: FREEDOM
FLIGHT: MMM01
PASSENGER: YOU

THE MONEY MINDSET MOVEMENT

WHAT'S IN YOUR BAG?

Before we start pulling shit out, we need to know exactly what you've been carrying.

And I'm not just talking about debt, bills, bad credit, or financial decisions you wish you could take back.

Some of the heaviest things we carry when it comes to money doesn't have a dollar amount attached to them.

So, let's check the bag.

Let's talk about money.

Not how much you make.

Not your credit score.

Not how much you owe.

Not whether you have a budget, an investment account, or $10,000 sitting in savings.

Let's talk about YOU.

Because two people can make the exact same amount of money and have completely different experiences with it.

One gets paid and immediately feels relief.

One gets paid and immediately starts spending.

One gets paid and gets anxious about losing it.

One starts calculating which bills need to be paid and who else needs something.

One finally exhales because their account isn't negative anymore.

One moves money into savings before they touch a dollar.

And one avoids checking the account altogether because, for a few more hours, they'd rather not know.

Same paycheck.

Completely different relationship with money.

Because money is never just money.

Money can represent safety.

Freedom.

Survival.

Responsibility.

Power.

Love.

Guilt.

Status.

Control.

Opportunity.

Peace.

OR

The constant fear that there will never be enough.

For some of us, having money means finally being able to breathe.

For others, having money creates pressure to take care of everybody else.

Some of us spend because we can finally afford the things we went without.

Some save because we remember exactly what it felt like not to have enough.

Some hold onto money so tightly that spending it—even when we need to—feels uncomfortable.

Some spend it quickly because somewhere along the way we learned that money doesn't stay long anyway.

Some of us are trying to build wealth while still carrying habits that were created when the only goal was survival.

And some of us have gotten so used to carrying all of this shit that we don't even realize how heavy the bag has gotten.

That's why we're not starting with a budget.

I'm not here to tell you to stop buying coffee, cancel every subscription, or save 20% of your income **before we've even talked about you.**

Because knowing what to do with money and **understanding why you do what you do with money** are two completely different things.

You can know you should save and still struggle to keep money in your savings account.
You can know how much debt you have and still avoid opening the statements.
You can make more money and somehow find yourself needing more money.
You can want to invest and still be afraid to let go of the cash sitting in your account.
You can want financial freedom and still make decisions based on financial survival.
You can know exactly what you're supposed to do...
and still find yourself wondering:
“HOW TF DO I KEEP ENDING UP IN THE SAME SITUATION!?”
That's where we're starting.
Not with judgment.
Not with shame.
And definitely not with pretending every financial decision you've ever made was terrible.
We're simply opening the bag and taking a good look at what's actually in there.
Because before you decide what you're taking with you...
you have to know what you've been carrying.

MONEY & ME

Finish these without overthinking them:

Money makes me feel:

When I don't have enough money, I:

When I have extra money, my first instinct is to:

The financial situation I avoid thinking about most is:

Something I spend money on when I'm emotional/stressed/bored is:

When somebody I love needs money, I usually:

The part of my finances I'm most proud of is:

The part I don't really like talking about is:

If my bank statements could talk, they'd probably say:

😂

If money could describe its relationship with YOU, what would it say?

“She only calls me when she needs something.” 😭

“She says she wants to keep me, but…”

“She takes good care of me.”

“I'm always coming and going.”

“She worries about losing me even when I'm here.”

“We're working on some shit.” 😂

Or:

_____.

SECTION 02

MONEY MINDSET MOVEMENT



WHO PACKED THIS?

SOME OF THESE BELIEFS DIDN'T START WITH YOU.

GENERATIONS OF BELIEFS. LIFETIMES OF INFLUENCE.

IT'S TIME TO TRACE THE SOURCE.

SAME MESSAGES. DIFFERENT GENERATIONS.

IT STOPS HERE.

FAMILY

SOCIETY

MEDIA

ENVIRONMENT

RELIGION

PAST EXPERIENCES

BREAK CYCLES

HEAL PATTERNS

REWRITE BELIEFS

CREATE CHANGE



SAME ROOTS. DIFFERENT ROUTES. BIGGER FUTURES.

PASSPORT

DESTINATION: GENERATIONAL WEALTH

FLIGHT: BREAK THE CYCLE

PASSENGER: YOU

A DIFFERENT STORY IS POSSIBLE.

WHO PACKED THIS



Somebody taught you about money long before you ever had any of your own.

Maybe they sat you down and explained it.

But probably not.

Most of us learned by watching.

We watched what happened when **money came in.**

We noticed what happened when **it ran out.**

We heard what adults said about people **who had it, and who didn't.**

We saw who **controlled it, who worried about it, who worked for it, who spent it, who saved it, who stole it, who borrowed it, and who always seemed to need it.**

And somewhere along the way...

we started packing our own bags with what we saw.

Finish these sentences with the first thing that comes to mind. **Don't make it sound good, don't give the answer you think you're supposed to give,** and please for **YOUR** sake, don't lie! it's just you and these pages right now, friend.

You ain't gotta lie to kick it! Inna clurb, we all fam!!!!

Growing up, money was...

When there wasn't enough money, we...

When there WAS money, we...

On Payday my parents...

During Tax Season...

AND BE REAL, GROWING UP, DID YOUR PARENTS PUT BILLS IN YOUR NAME?

- [ ] YES
- [ ] NO

The people around me made having money look like...

The people around me made struggling with money look like...

Something nobody ever said about money—but I learned anyway—was...

← ITINERARY | NEXT STOP →

SECTION 03

MONEY MINDSET MOVEMENT

IS THAT YOURS?

CHALLENGE WHAT YOU WERE TAUGHT. QUESTION WHAT YOU ACCEPTED. DECIDE WHAT YOU BELIEVE.

NOT EVERYTHING YOU CARRY BELONGS TO YOU.

JUST BECAUSE YOU INHERITED IT, DOESN'T MEAN YOU HAVE TO KEEP IT.



Same Mirror. Different Beliefs. A Different You.

FAMILY BELIEFS

CULTURE

SOCIETY

PAST EXPERIENCES

FEAR

MEDIA

RELIGION

OTHER PEOPLE'S OPINIONS

UNLEARN RELEARN BECOME YOU

CLEAR BELIEFS LIGHTER BAGGAGE BRIGHTER DESTINATIONS

HEAL GENERATIONAL PATTERNS

BREAK FREE FROM LIMITING BELIEFS

BUILD YOUR OWN TRUTH

CHOOSE WHAT ALIGNS

CREATE A NEW NARRATIVE

PASSPORT

MY LIFE
MY BELIEFS
MY CHOICES
MY FUTURE

DESTINATION: A FREER YOU

FLIGHT: NEW PERSPECTIVE

PASSENGER: YOU

What's mine?
What's inherited?
What no longer fits?
What do I choose now?

IT'S OKAY TO LET GO.

THE MONEY MINDSET MOVEMENT

IS THAT YOURS?

Look back at what you just wrote.

Really look at it.

How much of what you believe about money did you actually **choose to believe?**

Because somewhere along the way, somebody taught you what money meant.

Maybe not intentionally.

Maybe nobody ever sat you down and said:

“Money is hard to make.”

“There's never enough.”

“You have to work yourself to death to have it.”

“People with money are greedy.”

“Investing is for rich people.”

“Debt is just part of life.”

“Don't talk about money.”

Maybe nobody had to.

You watched.

You listened.

You experienced.

You adapted.

And eventually, some of what you experienced became what you expected.

Some of what you heard became what you believed.

And some of what helped the people around you survive became the rules you started living by.

But here's the question:

IS THAT YOURS?

Not:

Where did it come from?

We already figured that out.

I'm asking:

Do YOU still believe it?

Does it still make sense for your life?

Does it support the relationship you want to have with money?

Does it belong in the financial future you're trying to create?

Or have you been carrying it simply because...

it's always been in the bag?

And don't get it twisted.

Not everything you inherited needs to go.

Maybe you learned

discipline.

Resourcefulness.

Generosity.

How to stretch a dollar.

How to recover when shit gets hard.

How to appreciate what you have.

How to make something out of almost nothing.

Keep that shit.

We're not unpacking your bag just to throw everything away.

We're figuring out what's actually yours.

What's helping you.

What's hurting you.

What's outdated.

What's familiar.

And what's been taking up space simply because you've never stopped long enough to question it.

Because you can love where you came from...

appreciate what it taught you...

understand why certain beliefs existed...

and still decide they don't get to decide where you're going.

💎 PUT THIS IN YOUR BAG

YOU CAN APPRECIATE WHAT HELPED YOU SURVIVE WITHOUT MAKING SURVIVAL YOUR PERMANENT FINANCIAL STRATEGY.

And before you move on, sit with this:

What am I carrying because I believe it… and what am I carrying because somebody handed it to me?

← ITINERARY | NEXT STOP →

SECTION 04

MONEY MINDSET MOVEMENT

KEEP IT, CHECK IT, OR CHUCK IT?

BE HONEST. BE INTENTIONAL. MAKE SPACE FOR BETTER.

NOT EVERYTHING DESERVES A SEAT IN YOUR NEXT SEASON.

SOME SHIT HELPED YOU GET HERE, BUT ALL THAT SHIT CAN'T COME TO WHERE YOU'RE GOING. .

HEALTHIER THOUGHTS
BIGGER BOUNDARIES
CLEARER PRIORITIES
A LIGHTER YOU

KEEP
(Still Serves You)

- EMPOWERING BELIEFS
- HEALTHY HABITS
- POSITIVE INFLUENCES
- LESSONS LEARNED
- THINGS THAT ALIGN

CHECK
(Needs to Be Examined)

- LIMITING BELIEFS
- PEOPLE
- PATTERNS
- HABITS
- FEARS
- EMOTIONAL TRIGGERS
- OUTDATED MINDSETS

CHUCK
(No Longer Serves You)

- SELF-DOUBT
- PEOPLE PLEASING
- TOXIC RELATIONSHIPS
- NEGATIVE SELF-TALK
- EXCUSES
- UNREALISTIC EXPECTATIONS
- ANYTHING THAT KEEPS YOU STUCK

PASSPORT

SAME YOU. HIGHER STANDARDS.

A LIGHTER BAGGAGE. A BRIGHTER DESTINATION.

MAKE SPACE FOR WHAT MATTERS

DISCIPLINE
SELF AWARENESS
BETTER DECISIONS
PEACE OF MIND
FREEDOM

What stays? What goes? You decide.

THE MONEY MINDSET MOVEMENT

KEEP IT, CHECK IT, OR CHUCK IT?

You've figured out that some of your money habits and beliefs came from places you didn't necessarily choose.

You've started noticing how they're showing up in your interactions with money.

Now comes the important part:

Just because it's in your bag doesn't mean it has to come with you.

For each statement below, decide:

🟢 KEEP IT

Yep. This works for me. It's coming with me.

🟡 CHECK IT

Hmm... we might need to unpack this one a little more. 👀

🔴 CHUCK IT

Yeah, this shit can't come where I'm going. 😂

1. I believe I can enjoy my money today while still making decisions that take care of Future Me.

□ KEEP IT □ CHECK IT □ CHUCK IT

2. I'll give or lend money to someone I love, even when helping them means putting something I need or want for myself on hold.

□ KEEP IT □ CHECK IT □ CHUCK IT

3. I believe I can learn from financial mistakes without letting them define what I'm capable of doing with money.

□ KEEP IT □ CHECK IT □ CHUCK IT

4. Part of me believes that if I could just make more money, most of the stress I have around money would disappear.

□ KEEP IT □ CHECK IT □ CHUCK IT

5. I want to build wealth, but I'm not always comfortable investing, taking risks, or tying up money I know I could use right now.

□ KEEP IT □ CHECK IT □ CHUCK IT

6. I know what I want my future to look like, and I'm willing to make financial decisions today that help me get there.

□ KEEP IT □ CHECK IT □ CHUCK IT

7. Sometimes I avoid dealing with my money because not knowing feels easier than facing the fact that I'm not where I want to be.

□ KEEP IT □ CHECK IT □ CHUCK IT

8. I know unexpected expenses are going to happen, but somehow they still feel unexpected every time they happen. 😂

□ KEEP IT □ CHECK IT □ CHUCK IT

👀 DON'T COUNT THEM. NOTICE THEM.

Which ones made you pause?

Which ones made you think:

“Okayyy, I'm actually doing pretty good there.”

Which ones did you immediately want to defend?

And which one made you go...

“Damn. Okay. We might need to talk about that.” 😂

There is no score.

There is no perfect bag.

And the point isn't to create another list of everything you're doing "wrong."

Because **some of the shit in your bag is GOOD.**

Maybe you've learned how to recover from financial mistakes.

Maybe you've learned how to enjoy your money without abandoning your goals.

Maybe you're already making decisions with Future You in mind.

Maybe you've developed financial habits that the younger version of you would be proud as hell of.

Keep that.

💎 PUT THIS IN YOUR BAG

Financial growth isn't just about getting rid of bad habits. It's also recognizing what's already working and becoming more intentional about doing more of it.

← ITINERARY | NEXT STOP →

SECTION 05

WHAT ARE WE PACKING FOR?

INTENTION
PLANS
OPPORTUNITY
FREEDOM
LEGACY

You've spent enough time preparing for what could go wrong. What would your money look like if you started preparing for the life that could go RIGHT?

Don't tell me you want to be rich. Tell me what "rich" lets you do that you can't do right now. ♡

FINANCIAL FREEDOM
HOME OWNERSHIP
TRAVEL MORE
TIME WITH MY KIDS
BUSINESS OWNERSHIP
GENERATIONAL WEALTH

DISCIPLINE CREATES OPTIONS

A Bigger Life On Purpose ♡



more than money

CHECK YOUR BAGGAGE
A MONEY MINDSET WORKBOOK

PASSPORT
United States of America

Not just a bigger account, but a bigger life. ♡

✈️ WHAT ARE WE PACKING FOR?

Okay, so we've checked the baggage.

Now the real question is...

Where the hell are we going? 😂

It's easy to say:

“I want more money.”

“I want to be financially free.”

“I want to build wealth.”

Okay... but for what?

What do you actually want your money to make possible?

Because “more money” isn't really the destination.

Maybe you want peace when an unexpected expense pops up.

Maybe you want to stop living from check to check.

Maybe you want to buy a home.

Travel without coming home to financial regret. 😂

Start the business.

Retire early.

Pay for your children's education.

Take care of your parents.

Build investments.

Own property.

Leave your children something other than bills and memories.

Or maybe you simply want the **freedom to make decisions based on what you want, instead of what you can afford.**

That's what we're packing for.

So let's give your money somewhere to go.

📍 RIGHT NOW

What would make your financial life feel better, easier, or more secure right now?

Keep it simple. What does your money need to help you handle **today**?

1._____

2._____

3._____

🗺️ COMING UP

What's on the horizon?

Think about the next few years. What do you already know you're going to want, need, experience, buy, build, or prepare for?

1._____

2._____

3._____

✈️ FUTURE ME

Now zoom out.

What are you building that the current version of you may not get to enjoy for a while?

Think bigger than your next purchase.

What do you want your money to eventually make possible?

1._____

2._____

3._____

WHAT AM I LEAVING BEHIND?

And I don't mean the baggage this time.

I mean:

What do you want your money to make possible for the people you love, the people who come after you, or the world around you?

Maybe it's money.

Maybe it's property.

A business.

An education.

Investments.

A life insurance policy.

Financial knowledge your children don't have to learn the hard way.

Or simply a different financial starting point than the one you were given.

I want to leave behind:

_____

_____

_____

_____

_____

_____

👀 NOW LOOK AT YOUR LIST.

That's what you're building for.

Not just “more money.”

Not some random number in a bank account.

Not somebody else's definition of success.

Your life.

Your options.

Your peace.

Your experiences.

Your future.

Your people.

And now that we know where we're trying to go...

we can start asking a much better question:

Is the way I'm using my money today actually helping me get there?

You don't have to answer that yet.

We're getting there. 👀

💎 PUT THIS IN YOUR BAG

Money is a tool. Wealth is what happens when you learn to use that tool intentionally to build the life you actually want.

DOES YOUR MONEY KNOW WHERE YOU'RE GOING?

Okay, so **you** know where you're going...

But does your money? 👀

Because you can say you want the house.

The emergency fund.

The vacations.

The business.

The investments.

The retirement.

The freedom.

The legacy.

But if every dollar that comes in is only being used to handle whatever is happening right now, your future keeps getting whatever is left over.

And let's be real...

there usually ain't shit left over. 😂

That's why **one of the biggest shifts you can make with money is learning to give it direction.**

Not restriction.

Direction.

There is a difference.

EVERY DOLLAR DOESN'T HAVE THE SAME JOB

Think about your money like people on a team.

Everybody can't be doing the same damn thing. 😂

Some of your money needs to keep your life running.

Some needs to be available when life starts life-ing.

Some should let you actually enjoy the life you're working so hard for.

And some needs to leave your hands today so it can go build something for you tomorrow.

The problem comes when all of your money is assigned to Current You.

Current You has bills.

Current You wants brunch.

Current You needs groceries.

Current You saw something cute online.

Current You has kids, responsibilities, subscriptions, birthdays, and emergencies

Current You can spend ALL the money if you let her.

Meanwhile...

Future You is standing there like:

“Soooo... did y'all save me anything or...?” 👀

And that's where **direction** comes in.

Because the goal isn't to make Current You miserable so Future You can have everything.

Current You deserves to live.

To take care of her responsibilities.

To enjoy her money.

To experience the life she's working so hard for.

But Current You can't be the only version of you benefiting from every dollar you make!

Some of that money has to make it past today.

Because remember—you already decided there's somewhere you're trying to go.

And getting there means your money can't all be headed to the same destination.

Some of it needs to take care of right now.

Some needs to protect you from what you didn't plan for.

Some needs to make room for joy along the way.

And some needs to be **sent ahead to start building what comes next.**

That's why I want you to start thinking about your money in four simple areas:

🏠 LIVE

Take care of the life you're living today.

Your bills. Your groceries. Your transportation. Your household. Your day to day responsibilities.

The things that keep Current You functioning.

🛟 PREPARE

Create some breathing room for the shit you know life is eventually going to throw at you.

Emergencies. Unexpected expenses. Repairs. Changes in income. The things you may not know are coming—but know damn well something eventually will. 😂

🥂 ENJOY

Actually experience the life you're working so hard to build.

Dinner. Vacations. Hobbies. Experiences. Something cute just because you wanted the damn thing. 😂

Building wealth shouldn't require you to postpone every ounce of joy until some magical day in the future.

🌱 BUILD

Send some of your money ahead.

Savings for bigger goals. Investing. Retirement. Ownership. Business. Assets. Whatever helps create the life you said you wanted when we asked:

“What are we packing for?”

And here's the important part:

These aren't four competing priorities. They're four parts of the same life.

You don't have to choose between enjoying your money or building wealth.

You don't have to prepare for tomorrow while completely neglecting today.

And you don't need some perfect income before you're “allowed” to start thinking beyond your next bill.

The amounts won't always be equal.

They probably shouldn't be.

There may be seasons when **LIVE** needs most of what you have.

There may be seasons when **PREPARE** needs more attention.

There may be times when **BUILD** gets $20 instead of $200.

And there may be times when **ENJOY** looks like a whole vacation—and other times when it looks like grabbing your favorite meal without feeling guilty about it.

The point isn't equal. The point is intentional.

Because when every dollar only has one assignment—

“Handle whatever is happening right now.”

—your money stays stuck in the present with you.

But once you start giving your money different jobs, something changes.

Some of it keeps you going.

Some of it keeps you ready.

Some of it reminds you why you're working so damn hard in the first place.

And some of it starts building a life you haven't reached yet.

That's what giving your money direction looks like.

Not restriction.

Not perfection.

Not some magical percentage that works for everybody.

Direction.

You already know where you're going.

Now, little by little, your money can start going there too.

💎 PUT THIS IN YOUR BAG

Your money has two jobs: take care of the version of you living today

AND help build the life of the version of you who hasn't arrived yet.

SO… HOW IS YOUR MONEY DOING? 👀

Now that we know the four jobs, let's bring it back to your money.

It's one thing to know your money should help you **LIVE, PREPARE, ENJOY, and BUILD.**

It's another to ask:

“Is my money actually doing all four?” 👀

No spreadsheets. No percentages. No perfect answers.

We're just checking the bag.

As you look at each area, **notice what's getting your attention**, **what's getting the leftovers, and what might not be getting shit at all.**

Because before you can give your money better direction, you have to know where it's currently going.

So let's check all four.

🏠 LIVE

If your income stopped today, how long could your current life continue before something didn't get paid?

Not how long you **hope** you could make it work.

How long could your life **actually** keep running **with the money you have right now?**

□ I have enough breathing room to keep things going for a while.

□ I could make it work for a little bit, but it would get tight QUICK.

□ If this check stops, we got a problem. 😭

What would be the first thing affected?

_____

_____

🛟 PREPARE

Think about the last unexpected expense that hit you. Where did the money actually come from?

Savings? A credit card? Your next check? Money meant for another bill?

Somebody else? Or did you just have to figure that shit out?

□ I had money set aside for it.

□ I handled it, but something else had to move.

□ I borrowed it, charged it, delayed something, or figured it out

somehow.

□ I'm still recovering from it. 👀

Now the real question:

If the exact same expense happened again tomorrow... would you be

ready?

□ YES □ KINDA □ WE NEED TO TALK 😂

🥂 ENJOY

When was the last time you spent money on something you genuinely wanted and felt good about it BEFORE, during, AND after?

No guilt because you “should've saved it.”

No anxiety because you weren't sure you could afford it.

No regret because you know damn well that money had somewhere else to be. 😂

Can you enjoy your money without your future having to pay for it later?

□ **YES** — I make room for enjoyment without neglecting my priorities.

□ **KINDA** — sometimes I enjoy it, sometimes I regret it.

□ **WE NEED TO TALK** — either I feel guilty spending anything OR I enjoy it now and deal with the consequences later. 😭😂

🌱 BUILD

If I looked at where your money went over the last 90 days, what evidence would I find that you're actually building the future you just described? 👀

Not what you **plan** to start doing.

Not what you'll do **“when you make more.”**

What is your money already building right now?

□ I consistently put money toward my future goals.

□ I do it when I can, but it's not consistent yet.

□ Future Me usually gets whatever is left over.

□ Baby... Future Me ain't been getting SHIT. 😭😂

What have you actually put money toward in the last 90 days that Future You will benefit from?

_____

_____

NOW... LOOK AT THAT SHIT. 👀

You know where you want to go.

Now you have a better idea of whether your money is actually moving in that direction.

Maybe some areas are solid.

Maybe some need a little more attention.

And maybe one of those questions just made you realize:

"Damn... I have some work to do." 😂

That's the point.

Not to make you feel bad about where you are, but to get **real** about where you are.

Because there's a difference between **wanting financial freedom, and making financial decisions that actually move you toward it.**

And now that you can see the difference?

You get to decide what happens next.

Your destination is clear.

← ITINERARY | NEXT STOP →

Now it's time to move accordingly. 👀


THE NEXT CHAPTER HITS DIFFERENT.
SECTION 06
PACK DIFFERENT.
MOVE DIFFERENT.
NEW MINDSET. DIFFERENT MOVES. BIGGER FREEDOM.
The real test isn't what you know now. It's what you do the next time life gives you an opportunity to repeat the old pattern.
SAME SITUATION. DIFFERENT RESPONSE.
DESTINATION: FINANCIAL FREEDOM
HEAL
LEARN
UNLEARN
DO BETTER
BUILD MORE
SAME YOU... HIGHER STANDARDS.
PASSPORT
MORE MONEY MORE OPTIONS A BIGGER YOU

KNOWING BETTER ISN'T THE SAME AS DOING DIFFERENT

You've unpacked a lot of shit.

You know more about what money means to you.

You've looked at where some of your beliefs came from.

You've noticed how those beliefs show up in your decisions.

You've gotten clearer about what you want your money to actually help you build.

But here's where shit gets real:

Knowing the pattern doesn't automatically stop you from repeating it.

You can know you're an **emotional spender** and still hit "**Place Order.**"

You can know **you avoid your money when you're overwhelmed** and still refuse to open the banking app.

You can know **you need savings** and still tell yourself you'll start with the next check.

You can know **you overextend yourself financially for other people** and still say yes when you really can't afford to.

You can know **lifestyle inflation keeps eating every raise and still find a new expense every time your income increases.**

Because awareness gives you the opportunity to make a different decision.

It doesn't make the decision for you.

And eventually, life is going to give you another chance to practice.

Another payday.

Another unexpected expense.

Another sale.

Another invitation.

Another person asking for help.

Another opportunity to say, “Fuck it, I'll figure it out later.”

Another moment when the old response feels easier because it's familiar.

That's the moment that matters.

Not because you're never allowed to make another financial mistake.

But because every time you recognize an old pattern while it's happening, you have an opportunity you didn't have before:

You can choose your response.

SAME SITUATION. DIFFERENT RESPONSE.

Moving different doesn't always look dramatic.

Sometimes it's **catching yourself before the money leaves your account.**

Sometimes it's checking the balance instead of avoiding it.

Sometimes it's saying: "I can't do that right now."

Sometimes it's letting the item sit in your cart overnight.

Sometimes it's putting $25 away even though you wish it could be $250.

Sometimes it's enjoying the damn brunch because you already made room for brunch. 😂

Sometimes it's making more money and deciding that not all of it needs to become more lifestyle.

Sometimes it's asking questions before signing something you don't understand.

Sometimes it's finally admitting:

"The way I've been doing this isn't working."

None of those decisions are particularly sexy.

But neither is building wealth most of the time. 😂

A lot of it is simply making better decisions more consistently.

WHAT WILL YOU DO WHEN IT HAPPENS AGAIN?

Now let's make this personal.

Go back to **one** pattern you noticed while working through this book.

The one that made you pause.

The one you defended a little.

The one you laughed at because you knew damn well it was you. 😂

The one you already know is going to show up again.

MY PATTERN:

WHAT USUALLY TRIGGERS IT?

WHAT DO I USUALLY DO WHEN IT HAPPENS?

Now comes the important part:

WHEN THIS HAPPENS AGAIN, WHAT COULD I DO DIFFERENTLY?

Not perfectly.

Differently.

BUT WAIT... DO YOU ACTUALLY HAVE THE TOOLS TO MOVE DIFFERENT?

Because there's another side to this.

Sometimes we keep repeating financial patterns because they're familiar.

But sometimes?

We genuinely don't know what the hell else to do.

You can decide you want to stop living paycheck to paycheck...

but do you know how to organize inconsistent income?

You can decide you want to stop relying on credit cards...

but do you understand interest, utilization, and how debt fits into your bigger financial picture?

You can decide you want to start building wealth...

but do you understand saving, investing, insurance, taxes, retirement, and the different places your money can actually go?

You can decide your money needs direction...

but do you have a system for deciding how much goes where?

Because mindset matters.

Behavior matters.

But knowledge and systems matter too.

Being able to make $100 stretch when you have no other choice is a skill.

But knowing how to manage, protect, and grow your money so you're not always forced to stretch that same $100?

That's a different skill set.

And you don't have to know all of it today.

But you do need to know what you don't know yet.

💎 PUT THIS IN YOUR BAG

You don't change a financial pattern by promising yourself you'll "do better." You change it by preparing a different response before the same situation shows up again.

← ITINERARY | NEXT STOP →


You. Bigger. Possibilities.
SECTION 07
SO... WHERE TO Next?
MORE KNOWLEDGE
MORE OPTIONS
MORE FREEDOM
A BIGGER YOU
HEALED
LEARNED
UNLEARNED
DOING BETTER
BUILDING MORE
DIFFERENT BAG. BRIGHTER DESTINATION.
PASSPORT
Financial Freedom Looks Good On You
IT'S GIVING NEXT CHAPTER
NEW MINDSET BIGGER MOVES
THE MONEY MINDSET MOVEMENT
FROM: SURVIVAL
TO: FINANCIAL FREEDOM
FLIGHT: NEXT CHAPTER
SEAT: 1A (YOU GOT THIS)
More Clarity
More Confidence
More Options
A Bigger Me

LOOK AT YOU... BAG ALL OPEN AND SHIT.

You came into this workbook carrying a relationship with money that was built over years.

Some of it came from **what you were taught.**

Some came from **what you watched.**

Some came from **what you had to survive.**

Some came from **decisions you made when you didn't know what you know now.**

And some of it?

You've actually been doing pretty damn well.

That's why this was never about throwing your whole bag away.

It was about opening it.

Looking at what's actually in there.

Understanding how it got there.

Keeping what still serves you.

Questioning what doesn't.

And **becoming more intentional about what you're carrying forward.**

Because **you don't need to leave this workbook with your entire financial life figured out.**

You just need to leave it knowing yourself—and your money—a little better than you did when you opened it.

SO… WHERE TO NEXT?

You've checked the bag.

You've looked at what's inside.

You've decided what deserves to come with you.

Now you get to choose your next destination.

And depending on what this workbook uncovered, your next move might look a little different.

🎟️ FINANCE 101

“Okay... I understand ME better. Now I need to understand MONEY.”

If this workbook made you realize there are parts of money you were simply never taught—**start here.**

This is where we get into **how money actually works: income, saving, credit, debt, protection, investing, building wealth,** and the financial shit somebody probably should've explained a long time ago. 😂

→ I NEED TO LEARN THE MONEY SHIT

🎟️ BUDGET LIKE A BOSS

“I understand money. I need a better system for MY money.”

If you know money is coming in but need help giving it direction,

organizing your priorities, preparing for expenses, and making sure

Current You isn't spending Future You's whole damn check...

this is your stop. 😂

→ HELP ME ORGANIZE MY MONEY

🎟️ BOTH, PLEASE 😂

“Yeah... apparently we have some shit to learn AND organize.”

Perfect.

Learn how the money works.

Then build a system for what to do with yours.

→ GIVE ME BOTH

NEED SOMEBODY TO HELP YOU UNPACK YOUR SPECIFIC SHIT?

Maybe your answer isn't another workbook right now.

Maybe you're looking at your income, bills, debt, goals, savings, credit, responsibilities, and everything else thinking:

“Okay Asia... but what the hell should I do?” 😂

That's what the Financial Freedom Blueprint Session is for.

We sit down with your actual numbers, your actual goals, and your actual financial life and start figuring out what makes sense for you.

→ LET'S BUILD MY BLUEPRINT

BAG CHECKED. 🧳
DESTINATION CHOSEN. ✈️

You don't have to know everything today.

You don't have to change everything tomorrow.

But you know more than you knew when you opened this book.

And now you have a choice about what you do with it.

KNOW BETTER.

DO BETTER.

BUILD BETTER.

Now go build some shit. 💰

Welcome to The Money Mindset Movement.

← BACK TO ITINERARY