

HAVING AN ATTITUDE  
OF GRATITUDE

What does that mean to  
you?

**MONEY**

**WE LOVE IT BUT HATE NOT  
HAVING ENOUGH OF IT!**

When does money make you feel like a failure?



When does money make you feel like a success?



# How do you measure buying new things?

SHOES!!!



SHOES!!!





# CLOTHES

Is my self worth tied to a new purchase?

Is my success based on a new purchase?

Am I a failure if I don't make a new purchase?



# Sit Down

B-E  
H-U-M-B-L-E

Having a WHY can keep  
you humble!

# reducing impulse spending

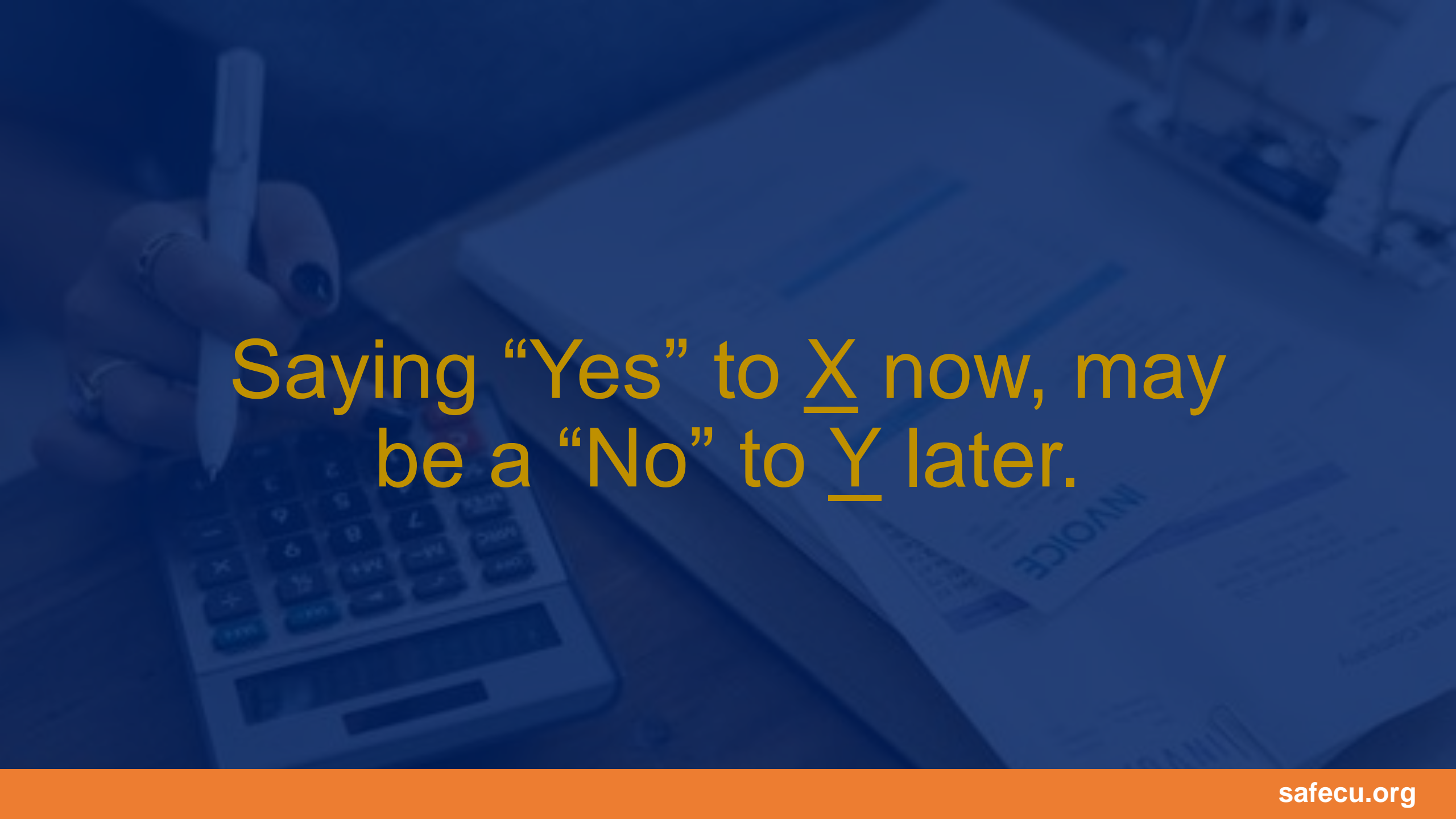
Self monitor yourself.

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Create an “If I overspend today, then statement.”

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Know Your Triggers.



Saying “Yes” to X now, may  
be a “No” to Y later.

# If I can't \_\_\_\_\_, then \_\_\_\_\_.

Go on a fancy vacation...

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Buy fancy clothes & shoes...

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Send my kids to private school...

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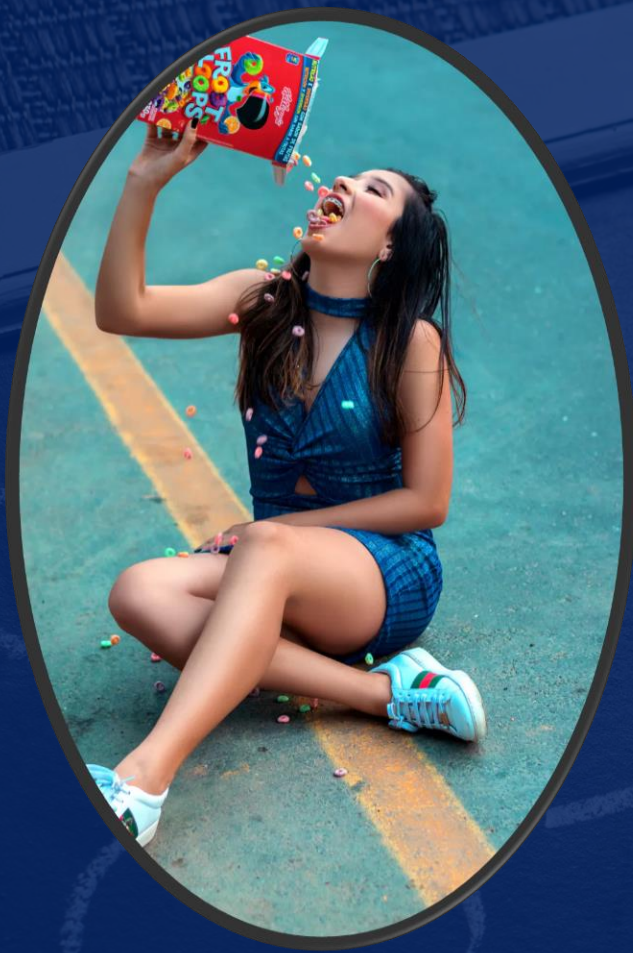
Go out to eat often...

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Drink premium coffee from...

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Drive a fancy car...



WHAT HAPPENS WHEN YOU  
OVER EAT?

A close-up photograph of a person's eyes, looking directly at the camera. The image is heavily overlaid with a dark blue color, making the eyes appear somewhat obscured and giving the overall image a somber or intense feel. The text is centered over this image.

# emotional triggers

Jealously

Depression

Anger

It is not the man who has too little,  
but the man who craves more, that  
is poor. --Seneca



# INSTANT GRATIFICATION VS. TRUE GRATEFULNESS

- **Chasing things for validation**

- **Knowing more things won't bring you happiness**

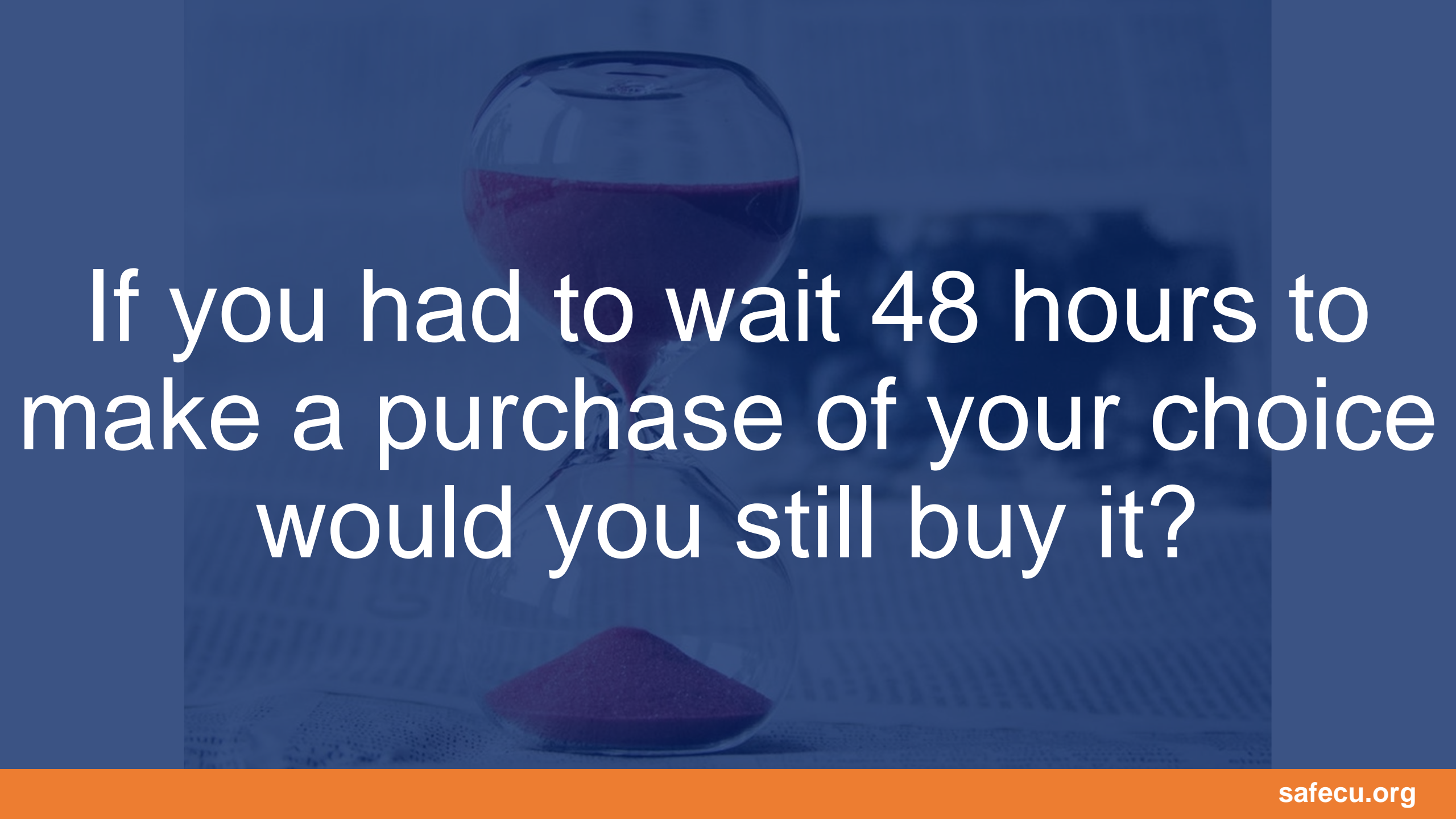
# Promote Generosity



Volunteer

Donate to causes

Pay it forward



If you had to wait 48 hours to  
make a purchase of your choice  
would you still buy it?

## Thought to Remember

“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.” —

*Ayn Rand*

# Action Plan

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Create a gratitude journal.

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Practice being grateful for what you currently have before purchasing new items.

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Remember your “if I do this today, then I can’t do that tomorrow” statement.

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Gratitude – “It’s an affirmation of goodness that we affirm that there are good things in the world, gifts and benefits we’ve previously received.”

# Questions?

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