

MONEY COACH

By Simonne Gnessen, October 2005

People talk about financial freedom. But how can I ever hope to become financially free when I earn so little?

First of all let's define financial freedom; my definition is having the financial resources to be able to live a totally authentic life. This doesn't necessarily take a lot of money – only you know what it would take to be able to live your life true to your values, without any financial restraints.

Believing that you don't have enough money is an obstacle and will certainly stand in the way if you focus on it. You may not have much disposable income, but it's far better to concentrate on possible solutions such as increasing your awareness of what you spend and challenging the way you spend money. You can also learn how to maximise your returns and reduce charges on any savings you can make.

Don't be mistaken into thinking that blindly accumulating capital will provide you with financial freedom. This belief commonly keeps people in the rat race. Similarly, financial freedom doesn't necessarily mean working long hours now in order to retire as early as possible. You may find that it's more important for you, personally, to spend time with your family. After all, if you're living an authentic life you may not even want to retire.

Wise Monkey Financial Coaching,
www.financial-coaching.co.uk. Tel: 01273 691223