



SIMPLE MONEY HABITS

10 WAYS TO HELP YOU GROW

Your Small Business with Confidence

MYRNA TAM NATIVIDAD

DISCLAIMER

This ebook, **Simple Money Habits: 10 Ways to Help You Grow Your Small Business with Confidence**, is intended for informational purposes only.

The insights and advice provided are based on general business principles and the author's personal experiences.

While every effort has been made to ensure the accuracy and usefulness of the information shared, it is not a substitute for legal, financial, or professional advice.

Readers are encouraged to consult with qualified professionals to receive personalized advice tailored to their specific business needs and circumstances.

The author disclaims any liability arising directly or indirectly from the use of the ebook's content.

Success in business depends on various factors unique to individual situations.

Please use this resource as a guide, but rely on your own judgment and professional advice to make the best decisions for your business.

TABLE OF CONTENTS

INTRODUCTION	4
• Lisa's Story: From Struggle to Success	4 - 6
CHAPTER 1: MONEY STRUGGLES & LIMITING BELIEFS	7
• The Borrowing Mindset	8 - 11
• Living Paycheck to Paycheck	12 - 13
• The "Para sa Pamilya" Mentality	14 - 15
• Fear of Investing	16 - 17
CHAPTER 2: COMMON MONEY MISTAKES IN SMALL BUSINESSES	19
• Mixing Personal and Business Finances	21 - 22
• Lack of a Proper Budget	23 - 24
• Ignoring Cash Flow	25 - 26
• Relying on High-Interest Loans	27 - 28
• Not Setting Aside Money for Taxes	29 - 30
CHAPTER 3: 10 SIMPLE MONEY HABITS	33
1. Pay Yourself a Fixed Salary	35 - 37
2. Open a Separate Business Bank Account	38 - 40
3. Create a Simple Monthly Budget	41 - 43
4. Track Daily Expenses	44 - 46
5. Save Profits for Growth	47 - 49
6. Build an Emergency Fund	50 - 52
7. Avoid Expanding Too Quickly	53 - 55
8. Review Cash Flow Weekly	56 - 58
9. Automate Tax Savings	59 - 61
10. Learn About Finances Continuously	62 - 64
ACTIVITIES:	
BUILDING STRONG MONEY HABITS	65 - 67
CONCLUSION	68 - 69

INTRODUCTION

Have you ever felt exhausted from working hard in your business, yet your finances aren't improving?

Are you constantly worried about covering next month's expenses?

If you're going through this, then maybe you can relate to Lisa, my coaching client.

Lisa is a small business owner who started her small convenience store to earn extra income for her family.

She was a government employee and believed that starting a business would be the answer to her dream of financial freedom.

But, as months went by, Lisa found herself struggling.

Despite working long hours and pouring all her efforts into her business, she couldn't understand why her bank account was almost empty at the end of each month.

Bills kept piling up, and she often resorted to borrowing money to cover expenses, hoping that next month would be better.

Unfortunately, things didn't get any better.

She started to wonder, **"What am I doing wrong?"**

I'm working so hard, but it feels like I'm not getting anywhere. What if I can't keep my business going?"

Lisa felt overwhelmed and stuck in a cycle of borrowing and paying off debts.

Every time she tried to save, something unexpected came up –a broken refrigerator in her store, a family emergency, or a supplier demanding upfront payment.

The stress of managing her business while dealing with debt took a toll on her confidence.

Like many of us, Lisa didn't have the financial education needed to run a business efficiently.

She had dreams of growing her store, but the lack of proper money management held her back.

She believed the common misconception that simply working harder would fix her problems.

But she didn't realize that without smart money habits, her efforts would continue to go to waste.

Lisa's story might sound familiar to you.

Many small business owners face similar struggles.

I, too, faced the same nightmare many, many years ago.

My limiting beliefs made me commit a lot of bad money decisions, and we ended up with millions in debt.

Yes, I learned the hard way, and I don't want you to go through the same headaches and heartaches.

This e-book is here to guide you with simple, effective money habits that can change your financial life and help you grow your small business with confidence.

So, let's get on to it! 😊

CHAPTER 1

Struggles of Pinoys with **Money** & Their **Limiting** **Beliefs**



Many of us grew up with limiting beliefs about money that can hold us back.

These views often come from our families and the environment we grew up in.

Lisa, for example, witnessed her parents using loans as a quick fix whenever they faced financial struggles.

When money was tight, her mom would say, "We just need to borrow money to get by."

For Lisa, this became the norm.

Borrowing wasn't something to avoid—it was simply part of life.

Her parents never taught her to budget or save for emergencies.

Instead, they relied on loans or borrowed from relatives when they couldn't meet their bills.

It was always the same story...

"Don't worry, we'll pay it back when possible."

It wasn't just Lisa's parents; her friends and relatives had the same attitude.

They didn't hesitate to borrow money for new appliances, vacations, or family celebrations.

There was no real plan to repay these loans because it seemed easier than facing the reality of their finances.

Borrowing wasn't something to avoid—it was simply part of life.



Many of us have adopted the same mindset, thinking borrowing is the answer to our financial problems.

But the truth is, real financial freedom doesn't come from CARELESS borrowing.

It comes from good money management.

It's about discipline, budgeting, saving for emergencies, and planning for the future.

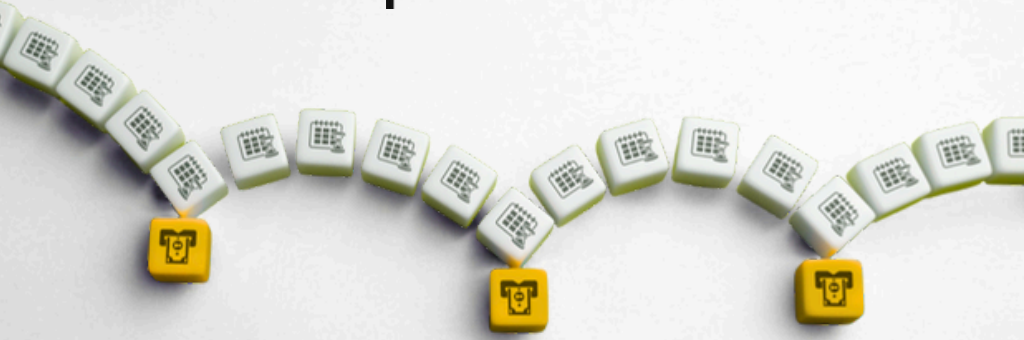
Without this, borrowing will always seem like the easiest solution, but it leads to bigger problems down the road.



Other Common Financial Struggles of Pinoys

Aside from the habit of borrowing, many of us face financial struggles due to deeply ingrained mindsets and habits.

Let me share with you some of the most common challenges:



1. Living Paycheck to Paycheck

Earning money monthly is a struggle for many of us.

Lisa worked hard running her small convenience store, but no matter how much effort she put in, her bank account was always running empty.

At the end of each month, she barely had enough to cover rent, utilities, and restocking supplies.

Emergencies—like a broken refrigerator or a supplier demanding upfront payment—only made things worse.

With no savings to fall back on, she found herself borrowing money just to stay afloat.

She kept telling herself, “**Next month will be better.**” But month after month, nothing changed.

Breaking the Cycle:

There was a nagging voice that kept bugging Lisa that she had to change how she handled money.

And so, feeling determined, she started by writing down all her expenses, which helped her see exactly where her money was going.

This simple habit showed her which costs she could reduce.

She also committed to saving a small amount every month—no matter how little.

At first, it didn't seem like much, but over time, it grew into an emergency fund that made her feel more secure.

More importantly, she changed her mindset.

Instead of just trying to survive, she started planning ahead and making sure she set aside money for herself first before spending on other things.

These small but steady changes helped her take control of her finances, proving that financial freedom doesn't happen overnight but starts with simple, consistent steps.

2. The “Para sa Pamilya” Mentality

Many of us feel responsible for financially supporting our family, sometimes to the point of personal hardship.

Lisa always put her family first.

When a relative needed help—whether for tuition, medical bills, or unexpected expenses—she never hesitated to give, even if it meant putting her own needs last.

She told herself, “**Para sa pamilya naman.**”

But as the months went by, she noticed a pattern—her savings stayed at zero, and she had to take out loans just to keep her business running.

Finding balance:

Lisa knew she couldn't keep this up, so she made a change.

She set a budget for family support—an amount she could give without putting herself in trouble.

She also focused on growing her business so she could help her loved ones without struggling herself.

Most importantly, she learned to say “no” to requests that would put her in debt.

She realized that true generosity comes from a place of financial strength, not sacrifice.

By setting limits and managing her money wisely, she was able to continue helping her family without falling into financial stress.



3. Fear of Investing

Investing is an intimidating topic for many.

Some are too afraid to take risks, while others don't know where to start.

Lisa had always been cautious with money.

She worked hard to save, but the idea of investing scared her.

“What if I lose everything?” she thought.

She had heard stories of scams and bad investments, so she kept her money in a regular savings account—even though she knew it wasn't growing.

As a result, inflation reduced the value of her savings, and she regretted not exploring better financial options.

Overcoming the fear:

Yes, Lisa was afraid of investing, thinking she might lose all her hard-earned money.

But instead of avoiding it, she started learning.

She asked people she trusted, watched videos, and read simple guides about making her money grow.

She began with something easy—saving in a bank account with higher interest.

Then, she tried small investments, like putting money into a cooperative where she earned a little extra over time.

As she gained confidence, she explored other ways to grow her savings.

She realized that investing wasn't about taking big risks but making smart choices based on what she learned.

By starting small, she turned her fear into opportunity.

Reflect on Your Money Mindset

Take a few minutes to answer these questions:

1. What are the money beliefs you grew up with?
2. How have these beliefs affected your financial decisions?
3. Which of the struggles mentioned in this chapter do you relate to the most?
4. What small step can you take today to improve your financial mindset?

Think about your own experiences with money.

Have you grown up believing that borrowing is the way to solve financial problems?

It's time to break this cycle. 😊

CHAPTER 2

Overcoming Common Money Mistakes in Small Businesses



Starting a small business can be an exciting journey, but it also comes with challenges—especially when it comes to handling finances.

Many business owners unknowingly make mistakes that prevent their businesses from growing.



Let's look at some of these common money mistakes so you can avoid falling into the same traps:

1. Mixing Personal and Business Finances

Many business owners use the same bank account for both personal and business expenses if they even use a bank account at all.

Most just have a drawer where they put in all their money, and where they also get money for spending.

This makes it difficult to track where your money is going and this can lead to overspending.

Whether you use a bank account or not, it's important to keep your personal and business finances separate.

Ask Yourself:

- Do I often use money from my business for personal expenses without tracking it?
- Do I struggle to determine how much profit my business is actually making?
- Do I find it difficult to set aside money for business growth because my personal and business funds are mixed?





2. Lack of a Proper Budget

I am pretty guilty of this. My parents never taught me to do a budget. What they taught me was just the value of frugality. And I thought this was enough.

As long as I am not spending on luxury items, I always just buy what I need and, seldom what I want.

So, like most business owners, I started all my businesses without a budget, thinking I could wing it and manage expenses as they came.

This often leads to overspending and cash flow problems. Going back to Lisa, there was a time when her utility bills spiked. Without a budget to fall back on, she struggled to cover everything.

Yes, just like what happened to me and my businesses, things got out of hand.

Ask Yourself:

- Do I track your income and expenses regularly?
Or, do I just spend as needed?
- Have I ever been caught off guard by unexpected expenses because I didn't plan?
- Do I set aside money for future business growth?
Or, do I only focus on covering immediate costs?





Improve
Cash Flow

3. Ignoring Cash Flow

Cash flow is the lifeblood of any business. Many business owners focus solely on sales and profits but ignore cash flow.

Again, this is the story of my life.

Based on my experience, without regular monitoring, one will surely be short on funds when she needs them most.

Let's look at what happened to Lisa.

While sales were good, Lisa's expenses increased, and not all of her customers paid promptly.

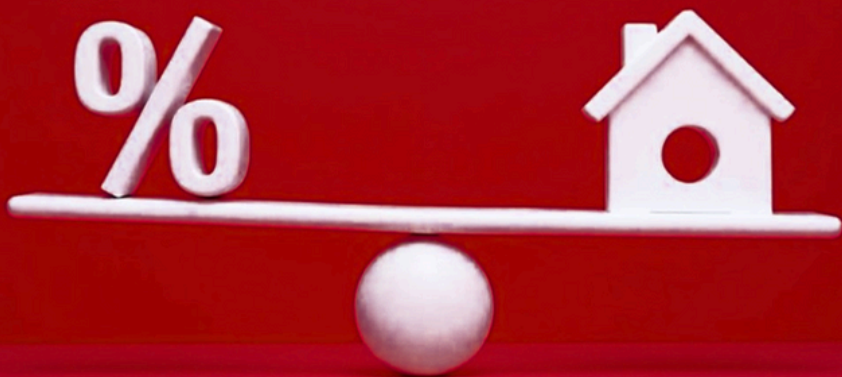
She even had to borrowed money to cover rent and payroll one month. If Lisa had regularly monitored her cash flow, she could have planned better and avoided cash shortages.

Needless to say, I did not monitor my cash flow religiously, and hence, I got into trouble.

Ask Yourself:

- Do I track the timing of my income and expenses? Or, do I only focus on total sales?
- Have I ever struggled to pay business expenses because of delayed customer payments?
- Do I set aside a cash reserve to cover unexpected shortfalls? Or, do I rely on borrowing when funds run low?





4. Relying on High-Interest Loans

When businesses need quick cash, it's tempting to borrow from "5-6" lenders or high-interest sources.

But this only leads to more debt. It's better to explore low-interest options like cooperatives or legitimate government programs.

What about you?

Have you ever turned to high-interest loans in tough times?

I am blessed that I did not really succumb to opportunistic lenders. My husband always kept our borrowings focused on people who did not charge exorbitant rates.

This was one of the reasons why we were still able to recover from our big, big debt.

Ask Yourself:

- Have I ever taken out a high-interest loan just to cover daily business expenses?
- Do I borrow repeatedly without a clear plan to pay off debts?
- Have I explored lower-interest alternatives?
Or, do I rely on quick but expensive loan options?





5. Not Setting Aside Money for Taxes

Taxes are a non-negotiable part of running a business.

If you don't set aside money regularly, you may struggle when it's time to pay.

This can throw off your cash flow and result in penalties.

Remember that you can't avoid taxes—planning ahead, and setting aside money is key.

Ask Yourself:

- Do I set aside a portion of my income regularly for taxes? Or, do I scramble to pay when the deadline approaches?
- Have I ever been surprised by the amount of taxes I owe because I didn't plan ahead?
- Do I keep proper records of my income and expenses to ensure accurate tax filing?



Assess and Improve Your Money Management

Now that you've learned about common money mistakes in small businesses, it's time for some self-reflection and action

Identify Your Money Mistakes

Assess yourself and answer these questions honestly.

Take time to write down your answers in a notebook for deeper reflection.

1. Which money mistakes discussed in this chapter do you relate to the most? Why?
2. How has this mistake affected your business and personal finances? (e.g., cash shortages, debt, stress)
3. What habits or beliefs have contributed to this mistake?
4. What is one small step you can take today to start correcting this mistake?

Assess and Improve Your Money Management

Money Improvement Plan

Create a simple action plan to improve your financial habits.

1. Set a Goal

Choose one specific money mistake to focus on (e.g., separate personal and business finances, monitor cash flow, budget better).

2. List 3 Action Steps

What practical steps will you take to fix this issue? (e.g., open a business bank account, track expenses weekly, allocate a percentage of income for savings).

3. Set a Timeline

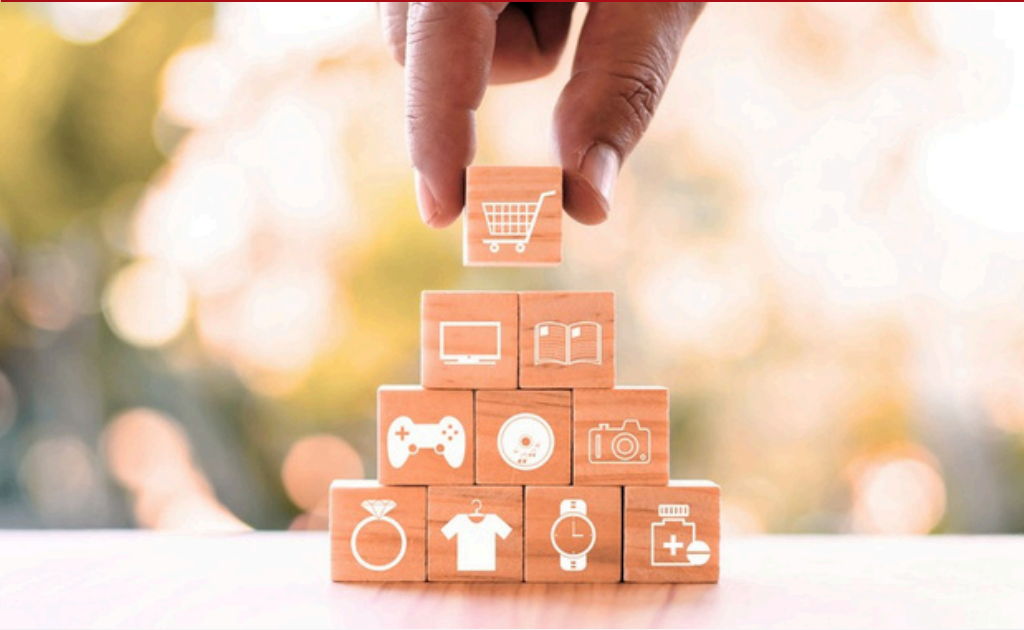
When do you want to implement these steps?

4. Accountability Partner

Who can help remind and support you in staying on track?

CHAPTER 3

10 Simple Money Habits to Grow Your Small Business



Now that we've covered the common mistakes, let's move on to the ten simple money habits that can transform your business.

1. Pay Yourself a Fixed Salary

Paying yourself a fixed salary isn't just about getting paid —it's a powerful habit that forces you to view your business as a long-term financial entity, not just a paycheck generator.

Paying yourself consistently ensures you don't rely on fluctuating business income for your personal expenses.

This disciplined approach sets boundaries for business spending and helps you build a financial cushion.

Plus, it gives you the financial stability you need to stay motivated and avoid burnout from financial stress.

Ask Yourself:

- Do I take money from my business only when needed?
Or, do I pay myself a fixed amount regularly?
- Have I ever struggled to separate personal and business finances because of inconsistent income?
- If I had a slow sales month, would I still be able to cover my personal expenses without taking extra from the business?



Action Plan

- **Start Small and Be Consistent**

Choose an amount, even if it's just ₱1,000 or ₱2,000 per week, and commit to paying yourself regularly.

- **Use an Envelope or Separate Account**

Physically set aside your "salary" in a separate envelope or transfer it to a personal bank account to avoid mixing funds.

- **Adjust as Your Business Grows**

Once your income becomes more stable, gradually increase your salary while ensuring your business expenses are still covered.

2. Open a Separate Bank Account for Your Business

Treat your business like a separate entity by opening a dedicated business account.

This habit makes tracking income, managing expenses, and maintaining financial clarity easier.

It also simplifies your tax process and protects your assets in case of legal trouble.

You'll have a clear snapshot of how your business is doing without the noise of personal transactions mixed in.

When it's time to apply for loans or credit, this separation will also give you credibility and prove you're serious about your business.

Ask Yourself:

- Do I currently mix my personal and business money in the same account or cash drawer?
- Have I ever struggled to track business expenses because they were mixed with personal spending?
- If I needed a business loan, would my financial records show a clear separation between business and personal funds?



Action Plan

- **Start with a Simple Bank Account**

If a business account is not yet an option, open a second personal account just for business transactions.

- **Use a “No-Touch” Rule**

Only deposit business income and pay for business expenses from this account to keep finances clear.

- **Track Expenses Even Without a Bank Account**

If you still handle cash, use a notebook or a simple mobile app to record every business-related transaction separately.

3. Create a Simple Monthly Budget

A monthly budget is a roadmap that guides your business through both growth and lean times.

Start by tracking all your anticipated income and expenses.

Don't overcomplicate it. You can use a simple spreadsheet or budgeting app.

By setting a budget, you can make informed decisions about where to invest, where to cut back, and how to allocate resources.

This simple act of financial planning will empower you to take control of your business cash flow and avoid surprises.

Remember, if you fail to plan, you plan to fail!

Ask Yourself:

- Do I know exactly how much my business earns and spends each month?
- Have I ever run out of money unexpectedly because I didn't track my expenses?
- Do I set aside funds for future expenses?
Or, do I just adjust as I go?



Action Plan

- **Start with a Simple List**

Write down your expected income and expenses for the month. Keep it basic but clear.

- **Use a Notebook, Spreadsheet, or App**

Choose a method that's easy for you to update and check regularly.

- **Review and Adjust Monthly**

At the end of each month, compare your actual numbers to your budget, and adjust for the next month to improve financial planning.

4. Track Daily Expenses

You'd be shocked at how quickly small expenses can add up.

A ₱100 coffee here, a ₱50 delivery charge there, and suddenly, you've spent a thousand pesos without even realizing it.

Tracking your daily expenses helps you see exactly where your money is going and lets you spot unnecessary costs.

This habit keeps you in control of your finances and helps you cut out or reduce the things that don't contribute to your business growth.

The goal isn't to stop spending altogether but to make every peso count and align your spending with your business goals.

Ask Yourself:

- Do I know how much I spend daily on small purchases like snacks, supplies, or fees?
- Have I ever been surprised at how quickly my money ran out without knowing where it went?
- Do I have a system for recording and reviewing my daily expenses?



Action Plan

- **Use a Notebook or Expense Tracker App**

Jot down every peso you spend each day, no matter how small.

- **Categorize Your Expenses**

Separate them into essentials (rent, supplies) and non-essentials (coffee, delivery fees).

- **Review Weekly**

At the end of each week, check your spending and see where you can cut back or adjust.



5. Save a Portion of Your Profits for Growth

It's tempting to spend every penny you make, but reinvesting in your business is what drives long-term success.

Allocate a portion of your profits—whether 5%, 10%, or more—into a growth fund.

This fund should be used exclusively to improve your business: marketing, upgrading equipment, launching new products, or expanding your team.

By setting this money aside, you avoid the stress of needing capital when you want to scale.

Reinvesting will give you the edge over competitors and help future-proof your business.

Ask Yourself:

- Do I set aside a portion of my profits?
Or, do I spend everything my business makes?
- If a big opportunity to expand my business came tomorrow, would I have the funds to take it?
- Do I have a clear plan for how I would reinvest in my business for growth?



Action Plan

- **Decide on a Percentage**

Start small if needed. Set aside at least 5%–10% of your profits for reinvestment.

- **Create a Separate Savings Fund**

Open a separate account or envelope dedicated to business growth.

- **Plan Your Investments**

List down what you need to improve (e.g., better marketing, new tools) and use the saved funds strategically.

6. Build an Emergency Fund

Unexpected expenses happen to every business: a broken piece of equipment, an unexpected slow month, or an emergency like a natural disaster.

Without an emergency fund, you'll have to scramble for cash or take on debt.

This is why saving for a rainy day is crucial. Even if you can only set aside a small amount each month, over time, it will build up into a safety net that protects you and keeps your business afloat.

Think of it as your business's financial first-aid kit —there when you need it most.

Ask Yourself:

- If an unexpected expense came up today, do I have the funds to cover it without borrowing?
- How long could my business survive if sales suddenly dropped for a month or two?
- Do I have a system in place to regularly set aside money for emergencies?



Action Plan

- **Start Small but Be Consistent**

Even setting aside ₱500–₱1,000 per month can make a difference.

- **Keep It Separate**

Open a separate bank account or a secure cash fund specifically for emergencies.

- **Set a Goal**

Aim to save at least 3–6 months' worth of business expenses as your safety net.



7. Avoid Expanding Too Quickly

The excitement of growth can make you want to expand your business quickly, but too fast, and you'll stretch your finances and resources thin.

Whether it's hiring more employees, opening a second location, or ramping up production, each expansion decision should be made with careful thought and planning.

Slow, steady growth allows you to maintain strong cash flow, ensure quality control, and build a solid customer base before you scale.

Remember, sustainable growth is far more valuable than rapid, unstable expansion.

Ask Yourself:

- Am I expanding because my business is truly ready?
Or, is it just because I feel pressured to grow?
- Do I have enough cash flow and financial cushion to support this expansion without going into risky debt?
- Have I tested and proven that there is consistent demand before scaling up?



Action Plan

- **Assess Your Financial Health**

Review your cash flow and profits to ensure you can afford expansion.

- **Start Small and Test First**

Before making big moves, experiment with small-scale expansion (e.g., offering new services before opening a new location).

- **Prioritize Efficiency Over Size**

Strengthen your current operations before adding more complexity to your business.



8. Review Cash Flow Weekly

A healthy business is a business that knows its cash flow.

So, make it a habit to review your cash flow at least weekly. This means tracking all incoming and outgoing money, from client payments to supplier bills.

By doing this, you'll catch potential cash shortfalls early and have time to adjust.

Cash flow reviews keep you in control of your finances and give you a true sense of your business's financial health.

You see, the more regularly you monitor your cash flow, the better prepared you'll be for any financial challenges that come your way.

Ask Yourself:

- Do I know exactly how much money is coming in and going out of my business each week?
- Have I ever been caught off guard by unexpected expenses or late client payments?
- Am I making financial decisions based on real numbers or just guessing?



Action Plan

- **Set a Weekly Review Schedule**

Dedicate 15–30 minutes each week to check your cash flow.

- **Use a Simple Tracking System**

Whether it's a spreadsheet, notebook, or cash flow app, make sure you have a clear record of all transactions.

- **Identify Trends and Adjust**

If you notice cash shortages happening often, find ways to cut costs or improve collections from customers.



9. Automate Savings for Taxes

We may not like it, but taxes are unavoidable.

And the last thing you want is to be blindsided when the tax season comes. Automating your tax savings is a simple but powerful habit that ensures you always have money set aside.

Transferring a portion of your monthly earnings into a separate tax savings account allows you to stay ahead of the game and avoid scrambling for funds come tax season.

Plus, automation means you won't forget or put it off. It's a stress-free way to ensure you're always ready for tax time.

I'm sure this is something you'd want for your business.

Ask Yourself:

- Do I set aside money regularly for taxes?
Or, do I scramble to find funds when they're due?
- Have I ever been surprised by a large tax bill
that disrupted my cash flow?
- Am I making tax savings a priority, or do I delay it
for more immediate expenses?



Action Plan

- **Open a Separate Tax Savings Account**

Keep your tax savings separate from your business funds to avoid spending them accidentally.

- **Automate Transfers**

Set up a scheduled transfer of a fixed percentage (e.g., 10–15%) of your income to your tax account every month.

- **Review Tax Obligations Regularly**

Check with an accountant or the BIR website to ensure you're saving the right amount for your tax responsibilities.

Financial Literacy

Taxes

Expenses

Income



Savings

10. Continuously Learn About Finances

You don't need to be a financial expert, but being financially savvy is essential. Stay proactive by keeping up with new trends, tax laws, budgeting tools, and investment opportunities.

You can read articles, attend webinars, or join groups that focus on financial literacy. The more you learn, the more confident you'll make smart financial decisions.

Knowledge is power; the more you understand your business's finances, the better you'll manage it. Successful business owners are always curious and open to learning.

Staying updated helps you make informed choices and keep your business growing. It's not just about learning –it's about adapting and improving as an entrepreneur.

Ask Yourself:

- Do I actively seek out financial education?
Or, do I rely solely on trial and error?
- When was the last time I read a book, attended a seminar, or took a course on business finances?
- Am I confident in making financial decisions?
Or, do I often feel unsure and overwhelmed?



Action Plan

- **Set Aside Time for Learning**

Dedicate at least an hour a week to reading financial articles, watching webinars, or listening to business podcasts.

- **Join a Business or Finance Community**

Connect with other entrepreneurs in Facebook groups, forums, or mentorship programs to share insights and strategies.

- **Apply What You Learn**

Take one new financial strategy or tip and implement it in your business each month to see real results.

ACTIVITY

Building Strong Money Habits for Business Growth

Business Finance Self-Assessment

Identify areas where you can improve your financial habits.

1. List all ten money habits from this chapter.
2. Rate yourself from 1 to 5 on each habit
(1 = I don't do this at all, 5 = I do this consistently).
3. Identify the three lowest-scoring habits and write down one step you can take this week to improve each.

Example:

- **Habit:** Pay Yourself a Fixed Salary
- **Current Rating:** 2
- **Improvement Step:** Set a specific amount to transfer to my personal account every month.

ACTIVITY

Building Strong Money Habits for Business Growth

Create a Simple Budget and Cash Flow Tracker

Start managing your finances proactively.

1. List your expected income sources for the next month.
2. List your fixed expenses (rent, salaries, utilities) and variable expenses (marketing, supplies).
3. Create a simple budget in a notebook, spreadsheet, or free budgeting app.
4. Track your daily expenses for one week and compare them to your budget.
5. Reflect: Did you overspend in any area?
Where can you cut back or reallocate funds?

ACTIVITY

Building Strong Money Habits for Business Growth

Self-Reflection on Money Habits

Develop awareness of your current financial mindset and habits.

Answer the following questions honestly:

1. Which money habit do I find the hardest to follow, and why?
2. Have I ever experienced financial stress because of poor money habits? What happened?
3. If I could improve just one financial habit right now, which would it be, and what is one small step I can take to start?
4. Imagine your business one year from now. How would improving your financial habits today make a difference in your success and peace of mind?

CONCLUSION

Like Lisa, you might be wondering why, after all your hard work, there's so little to show for it at the end of the month.

Maybe you've struggled with inconsistent cash flow, relied on high-interest loans to stay afloat, or found yourself mixing personal and business finances without realizing the impact.

Perhaps you've taken out loans to keep things going, and now you're feeling overwhelmed by debt.

The good news is that you can change things around.

The key is intentional action—small, consistent steps toward better financial management.

By practicing these simple money habits daily, you'll take control of your finances, reduce debt, and build a business that grows sustainably.

You've already taken the first step by reading this e-book.

That means you're open to learning, and you're ready to make positive changes.

Now, it's time to put these habits into action.

Start small.

CONCLUSION

Pick one habit and commit to it.

Whether it's tracking your expenses, setting aside money for taxes, or reviewing your cash flow weekly, consistency is what matters.

Once it becomes second nature, add another habit, then another.

Remember, successful businesses are built on strong financial foundations.

The more you practice these habits, the more confident you'll become in managing your business finances.

Small daily actions lead to lasting change.

You've got this!

Now, go build a financially strong business!

**Ready to realign and rebuild your
business with clarity and peace?**

**Let's walk together, one clear step
at a time, so your business
can build you up and bless others.**



Start My Business Breakthrough

CLICK HERE



To your business success,

Mommy N