

ULTIMATE SELF-CARE

Creating a life you can thrive in



Joanna Griffin

THRIVE IN THE CHAOS

www.thriveinthechaos.com



whole life self-care

I NTRODUCTION

You can do all the self-care in the world, but if you're in an environment you don't thrive in, it's always going to be a struggle.

It was never my dream to be a mom who worked outside the home. But I married a man with kidney failure and knew I would be the sole breadwinner for our family.

Once we started to build our family, **I'd had enough with working a day job.** I hated stressing about my daughter not sleeping because I had to be up early. I hated rushing home to make dinner. I hated not having time to hang out with my husband. **I was constantly grouchy and rushing around.**

When the pandemic hit and I was able to work from home, I fell in love. This was exactly the life I wanted. I loved being there when my daughter woke up, I loved getting to pal around with my husband all day and I loved doing something productive for myself.

We decided to have another kid and I decided I was going to leave my job after my maternity leave. **I saved up a year of expenses so I'd have time to build a business to support us and quit my job.** It's been the best decision!

Whether you also want to work from home, or change jobs, or need a vacation or want to afford to get a monthly massage, or to hire more help around the house- money can help you get there.

Lets figure out what your ideal life would look like and how money can help you get there.



money doesn't buy happiness, but it does solve a lot of problems

-Faith Mariah

LET'S GET STARTED

The first step is to figure out what your ideal life would look like.

let's work it out...

What do you want your life to FEEL like and LOOK like?

What do you need to do to create that life?

What's the first step to start moving in that direction?

How can your money support you to get there?

BREAK IT DOWN

What's the actual dollar amount that you need?



Pick a date. When do you want to reach that money goal?



How many months or paychecks away is that date?



Divide your money goal by how many months or paychecks away

↑ This is your savings goal, how much money to set aside every month or paycheck

Automate it

This last step is super important!

You need to prioritize this savings goal and take discipline & willpower out of the equation. Pay yourself first because your self-care and a life you will thrive in is important. No one else will prioritize it for you.

Open up a new savings account. If you can't be trusted to not touch the money (don't feel bad, I can't be trusted with my money either 😊), open up the account at a separate bank. I'm a big fan of Capital One- it's free.

Now, I want you to **set up auto-transfers of your savings goal into this new savings account.** I like to save every paycheck and set up my auto transfer for the day after my paycheck hits my account.

Sit back and move closer to your dream life without any drama or even a thought. Time is going to pass anyways, so lets use that time to move closer to a life that supports you.

Saving doesn't have to be a struggle. Prioritize your goals, and set it on autopilot.



I help women to save without sacrificing by simplifying and automating their money.

I think money should be a tool to help you create the life you want, not something that takes hours to manage and stresses you out!

Let me help you do just that!

Come hang out on Instagram @jo_thriveinthechaos

Joanna