



THE WEALTH COACH

# TOP 10

A hand is shown from the left side of the frame, with the index finger pointing towards the number '10' in the title. The hand is light-skinned and appears to be resting on a white surface.

**behaviours of  
wealthy people**

**1**

# **DESIRE**

**The emotion desire keeping your motivation levels high...Love your game 1st the score comes second.**

2

# CHOICE & VALUES

**Think about your choices – what if you choose happiness over money? Ask yourself why you have decided they are mutually exclusive.**

**3**

# **SELF-BELIEF**

**Don't appoint others judge over you – what others think of you is none of your business! Keep faith with yourself; don't mix with individuals that infect you with gloom.**

# 4

# TIME MANAGEMENT

**Allow time to think, don't cram your days and be too busy to be effective.**

**5**

# **TIME MANAGEMENT**

**Set budgets and stick to them, pay your self a wage and live within it. Keep things separate, and learn to manage you need for immediate gratification and resist the anxieties triggered by marketing or other display of toys!**

**6**

# **FACE YOUR THREATS**

**Don't indulge avoidance behaviours.**

# 7

## **GOALS AND LIMITS**

**Set clear goals and define realistic limits for your self and stick to them. Don't reward self-sabotage.**



# 8

## **FIT FOR LIFE**

**Don't ignore the emotional and physical aspects of your life stay fit stamina helps reduce the negative impacts of stress; it also gives you good thinking time.**

# 9

# ADAPTATION

**Set goals but adjust with feedback  
don't get too attached to an idea so  
that you don't recognise its not working.  
Stay flexible.**

**10**

# **COMMUNICATE**

**Develop great skills.**

[www.wealthcoaching.co.uk](http://www.wealthcoaching.co.uk)