



NEW HABIT LIST

WHAT HABITS DO YOU WANT TO SHIFT AND OR CREATE. PUT THEM ALL DOWN THEN FOCUS ON 1-3 TO START WORKING ON.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



NEW HABIT FOCUS

MY TOP 3 HABITS TO FOCUS ON

1.

2.

3.

FOR EACH HABIT, DESCRIBE THE DESIRED OUTCOME YOU'D LIKE TO EXPERIENCE AND HOW SHIFTING THIS HABIT IS MOVING YOU IN THE DIRECTION OF YOUR DESIRES.

1.

2.

3.

DECONSTRUCTING YOUR HABIT

CUE:

NEW RESPONSE (ACTION):

CRAVING:

HOW CAN YOU MAKE IT EASY/HARDER?

RESPONSE (ACTION):

REWARD:

REFLECTION: WHAT TO SHIFT NEXT WEEK?

FILL ONE OF THESE OUT FOR EACH HABIT YOU WANT TO SHIFT

The School of Betty

Brianna Firestone

MONEY HEALER & LIFE COACH



Brianna Firestone is the founder of The School of Betty, a platform that empowers women+ through transformational money healing™ to create better relationships with their money, time, and energy so they can lessen stress, build financial freedom and design a badass life they love.

As a Certified Life Coach and Financial Education Instructor, Brianna is an expert in teaching personal finance based in neuroscience that is fun, approachable, and easy to implement. Her Fierce Finances 8 week program is a successful course that helps women change their money mindset, pay off debt, and create incredible, positive new habits around their finances.

Brianna is a financial contributor for *MindBodyGreen* and her expert advice has been featured in *Real Simple*, *Newsweek*, *The Financial Diet*, *Money.com*, *Reader's Digest*, *Business Insider*, *5280* and on the popular lifestyle blog and podcast, *PaleOMG & PaleOMG Uncensored*. Brianna believes everyone is one good habit away from living a badass life. When she isn't coaching students, she can be found outside, at the beach, drinking coffee, or at the theatre. Brianna lives in Denver, CO with her 12 year old rescue dog, Pink Lady.

Work With Bri

IT'S NOT JUST ABOUT THE MONEY!

In fact, managing our money has little to do with the actual green stuff (WHAT!?).

Believe it! All of my programs and coaching focus on being able to manage your money AND your time & energy like a boss. You will use these 3 resources every day for the rest of your life and they are essential to your survival. When you can manage them well, you are equipped to use your resources to support YOU and the life you want to live.

Snag my free training [HERE](#).

The School of Betty [PROGRAMS](#)



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