



# BUILDING THE WHOLE YOU

## *"The Building Block"*

Where Friends Don't Let Friends Remain Broke(N)



## Hello Friend!

Welcome back to another edition of "The Building Block!"

If you've been following me on social media, then you've probably heard me talk about a critical factor in your financial wellness: **Emotional Financial Triggers**



Emotional triggers are those moments when you tell yourself, "I deserve this" or "buying this will make me feel better," causing you to overspend and break your budget.

These triggers often lead to buyer's remorse and make it harder to stay financially disciplined. When you're not intentional, disciplined, and strategic, these triggers can sneak up on you, influencing your financial decisions without you even realizing it.



**Let's get clear on what a trigger is so you can recognize it when it tries to overtake you.**

A trigger is- anything that elicits a reaction. Let me try it this way when it comes to your finances, it's when shopping becomes a way to cope with stress, sadness, or boredom. Recognizing this trigger is one of the first steps toward taking back financial control and building a life of abundance

## So, what can you do when that urge hits?

You know the one that makes you think spending money will solve everything.

### TRY THIS INSTEAD



Take a walk or engage in something to shift your focus from emotional stress.



If you're sitting in silence, turn on music or a podcast to lift your spirits without spending a dime.



Listen, I don't gate keep. I'm so dedicated to your financial liberation, I unpack all of this in my video below: Money Triggers: Check it out and change your life. While you are there, *Like, Share, and Subscribe.*

Blanche, what does the Word say about all of this? I'm so glad you asked! Proverbs 21:5 reminds us: "The plans of the diligent lead to profit as surely as haste leads to poverty." To win with money, you must have a strategic financial plan in place—aka, live on a budget. As my mommy always said, "Money doesn't grow on trees." It's not God's will for you to live paycheck to paycheck or in lack. Often, it's our own emotional financial triggers that lead us to make poor spending decisions.

Let's start your journey to financial liberation today. And speaking of liberation, do me a favor—share The Building Block with family, friends, associates, and colleagues. Share it on social media or write a review on my business website so others can see. Financial freedom isn't meant for just one person. It's like salvation, a gift meant for everyone.

Y'all know I want to see you grow in your mind, your body, your soul, your spirit and definitely your Finances. Building The Whole You has consulting packages designed to guide you toward financial freedom [www.buildingthewholeyou.com](http://www.buildingthewholeyou.com)

*I'm here for you. As always, thank you for your support.*



Until next time, "Oh my beloved brethren, I will that you prosper and be in good health, EVEN as your soul prospers." (3 John 1:2)

Now Let's Build,  
Blanche

