

Coping with a Financial Loss [9 Steps To Freedom]

**YOU
ARE
HERE**

Step 1
Acknowledge your loss

**STAY IN THE PRESENT,
NOT IN THE PAST. THIS
IS WHERE YOUR
RECOVERY BEGINS!**

Step 2
Do not try to make
back the money

**BREATH OUT AND STEP
BACK, DON'T CHASE
THE MARKET**

Step 3
Quantify your
Happiness

**IF YOU ARE HONEST
WITH YOURSELF, YOU
MIGHT HAVE JUST
GAINED A LOT MORE,
THAN YOU HAVE LOST**

Step 4
Cut back on spending

**GAIN BACK THE
CONTROL OVER YOUR
FINANCES**

Step 5
Start a side hustle

**FIND A SIDE HUSTLE
THAT CAN
COMPLEMENT YOUR
MAIN JOB**

Step 6
Join a Support Group

**MEET NEW PEOPLE
AND LEARN NEW
THINGS**

Step 7
Create a new habit

**START A NEW POSITIVE
HABIT TO ANCHOR
YOURSELF AND BOOST
YOUR CONFIDENCE**

Step 8
Give back

**START A NEW POSITIVE
HABIT TO ANCHOR
YOURSELF AND BOOST
YOUR CONFIDENCE**

FINISH

Step 9
Forgive yourself!

**GET RID OF MENTAL
BLOCKS AND MOVE ON
WITH YOUR LIFE**