

How To Get Through Tough Financial Times

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This particular blog is one that may resonate with many of you. Many people go through mild to severe financial times in their life. No matter where you were born, your environment can always change. Tough financial times can cause a great deal of stress on an individual. The disadvantages of stress can manifest itself physically as well. The reason I am writing this article is that I want to help anyone who may be going through a difficult stage in their life. Therefore, take your time while reading, you may be able to relate to certain aspects.

Contents

1. Mentality

The mentality is a big thing when you're going through a tough time in your life. A lot of us go through so much stress to the point where we feel like things will never get better. For most of us, that's not true. There is light at the end of the tunnel and the first step is how to perceive your situation. Negative thoughts attract negative energy. This is why the first thing anyone should do in a tough financial time is find the silver lining. This helps because you are being more productive with your thoughts



Your main focus should be how to make the situation better little by little. This may sound like the obvious thing to do but you'd be surprised by how many people spend their time thinking about what a bad situation they're in. Waiting on miracles won't do anything for you either. Therefore, take every opportunity you can to learn. Learn about how you can earn more money or get yourself out of your particular situation. However, that may be enough. This is because many of us have a bad habit. So, learn how to kick your particular bad habit as well. The last thing you want is to get out of your tough situation, only to be thrown right back into it.

2. Devise A Plan

Creating a plan is going to be your roadmap to success in a sense. Consult people who are knowledgeable about these types of situations and create a plan that is unique to your situation. Now is the time to take things seriously and stick to it. Every little step you take propels you in the right direction. Furthermore, the feeling of knowing that you're making your situation better for yourself is indescribable. Nothing feels better than being stress-free.



The plan you create does not need to be complex in nature. It can be a small plan that will

improve your day to day quality of life. Something simple like “Stay an extra hour at work” or maybe “Try to save money on groceries” can go a very long way. Through all of the hard financial times, I’ve gone through, I can truly say that making a plan was integral in getting out of it.

3. It’s Tough But Keep Pushing

The last thing you want to do is give up. Nothing feels worst than the feeling of helplessness. However, in times like this, the only person who can change it is you! Giving up should never be an option because if you do, nothing will get better. The constant lifestyle of living paycheck to paycheck will eventually become the norm and you’ll become comfortable. The goal here is to make your life better than it previously was.



When you feel like quitting, think of everything you have to lose. While it may be tough to keep going. Doing something is always better than doing absolutely nothing. What I truly believe is the reason why most people do not get what they want is that they quit halfway and become complacent. Most people don’t have the dedication or grit to make things better. There are so many people that I personally know who have aspirations to be something amazing but when you ask them how it’s going, there is an excuse.

I was also a perpetrator of this particular way of thinking. It’s so much easier to procrastinate and think of reasons as to why you “can’t do something. Therefore, keep pushing and stick to your plan. Eat healthier, exercise and increase your mental fortitude.

Summary



<https://youtu.be/6HhAji5gubc>

To conclude this very short blog. Financially tough times are the worst. However, they don't have to last long. The only person who has the power to change it is you! First, change your mentality of "My life is so bad" and start thinking of what you can do better. What have you learned from being at this new kind of low? Second, develop a plan with what you know and believe will help! Whether you're taking baby steps or long strides, you will eventually finish the race. Therefore, don't rush into anything and make all your moves calculated. Lastly, why things get super tough, don't quit. You have so much more to gain. We usually don't put videos at the end. However, here is a video about Tony Robbins, where he explains what he's done to get through hard times.