

New Year Financial Reset: A Different Approach

Transform your relationship with money through mindset shifts and unconventional strategies that prioritise intentionality over restriction.





Part 1: Mindset Shifts

From Restriction to Intentionality



Old Thinking

"I need to cut out everything fun to save money"



New Thinking

"I'll spend lavishly on what truly matters and ruthlessly cut what doesn't"

Action: List your top 3 "worth it" splurges and 3 expenses you tolerate but don't actually enjoy. Redirect money from column 2 to column 1.

From Annual Goals to Life Seasons

Old Thinking

"This year I'll save £10,000"

New Thinking

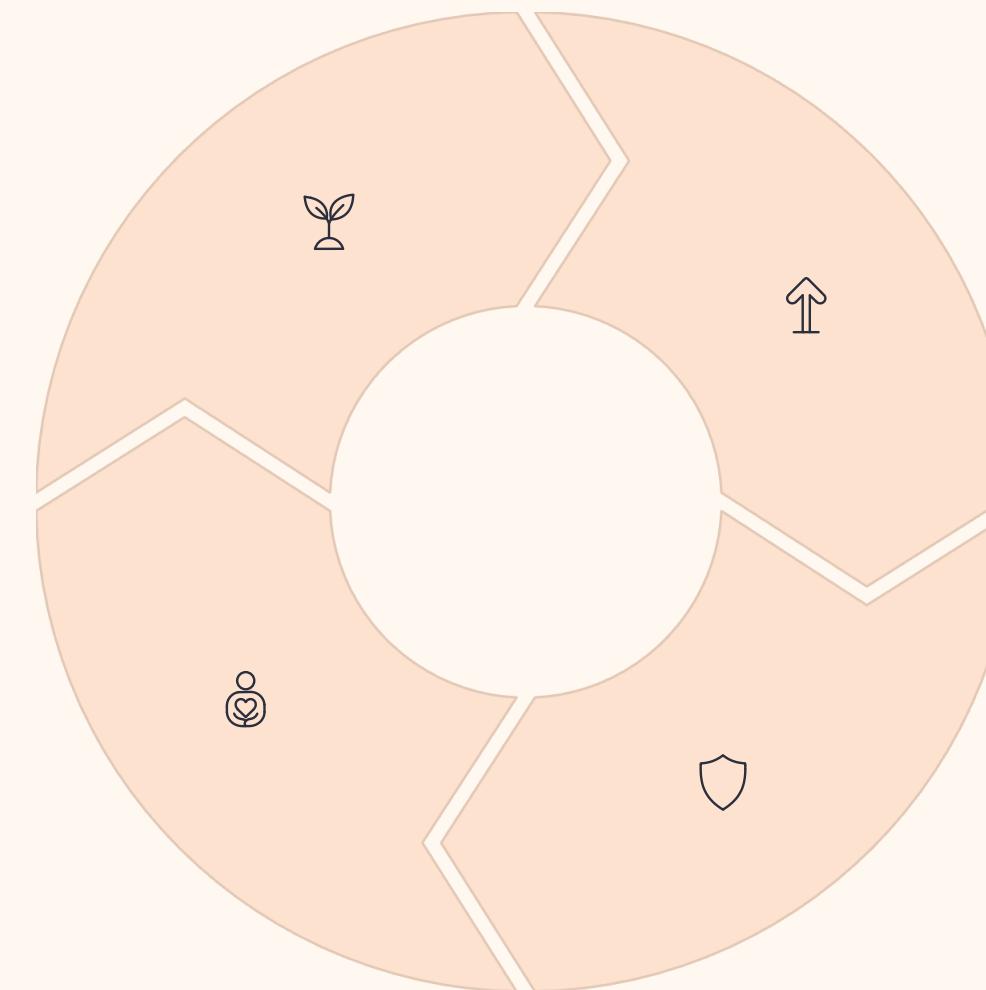
"What season of life am I in, and what does my money need to do right now?"

Building Foundation

Growth Phase

Transition

Consolidation



Define your current life season and set financial priorities that match this season, not arbitrary calendar goals.

Lollywise.com

A stylized illustration of a man sitting in a meditative lotus pose on a rock by a lake. He is facing away from the viewer, looking out at a calm lake that reflects the warm, orange glow of the setting sun. In the background, there are several mountain peaks, some of which are also bathed in the warm light of the sunset. The overall atmosphere is one of peace and tranquility.

From Net Worth to Net Calm

Old Thinking

"Success means hitting £X in my accounts"

New Thinking

"Success means sleeping well and making decisions from abundance, not anxiety"

Identify your personal "enough number" - the amount in savings where anxiety significantly decreases. Focus on reaching this before aggressive investing.

From Optimisation to Protection



Old Thinking

"I need the best returns on every pound"

New Thinking

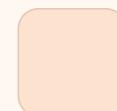
"I need to protect myself from my future self's worst decisions"

Action Steps



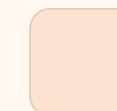
Automatic Transfers

Set up systems that move money before you can spend it



Separate Accounts

Create dedicated accounts for different financial goals



Waiting Periods

Implement cooling-off periods for large purchases

From Independence to Interdependence

Old Thinking

"I should handle all my finances alone"

New Thinking

"Financial wellness includes asking for help, sharing resources, and building community"

- ☐ **Action:** Identify one area where you could benefit from expertise (tax strategy, insurance review, investment education) and schedule a consultation.



Part 2: Unconventional Actions

The Financial Archaeology Audit

Instead of creating a new budget, dig into last year's spending to find the truth.

01

Download Transactions

Gather 12 months of data from all accounts

02

Identify Top Categories

Find your top 10 spending categories by actual pounds

03

Circle Invisible Expenses

Subscriptions, fees, autopays you forgot about

04

Highlight Values-Aligned Spending

Purchases that genuinely made you happier

05

Note Forgotten Purchases

Any purchases over £100 you completely forgot making

If you earned 20% less last year, which expenses would have naturally disappeared?

The Regret Review & Time-Money Inventory



List Regret Purchases

Identify 3-5 purchases from last year you regret

Identify Triggers

Note the emotional state that led to each (boredom, comparison, convenience, aspiration)

Create Pause Protocols

Design specific responses for each trigger situation

Calculate Your True Hourly Rate

Annual take-home ÷ total work hours

Review last month's discretionary purchases through this lens. Identify purchases that weren't worth the hours of life spent earning them.

The Catastrophe Preparedness Plan

Instead of vague "emergency funds," plan for actual scenarios.

Job Loss

I could last months

My first 3 calls would be to:

£5,000 Unexpected Expense

I would cover it by:

Unable to Work 6 Months

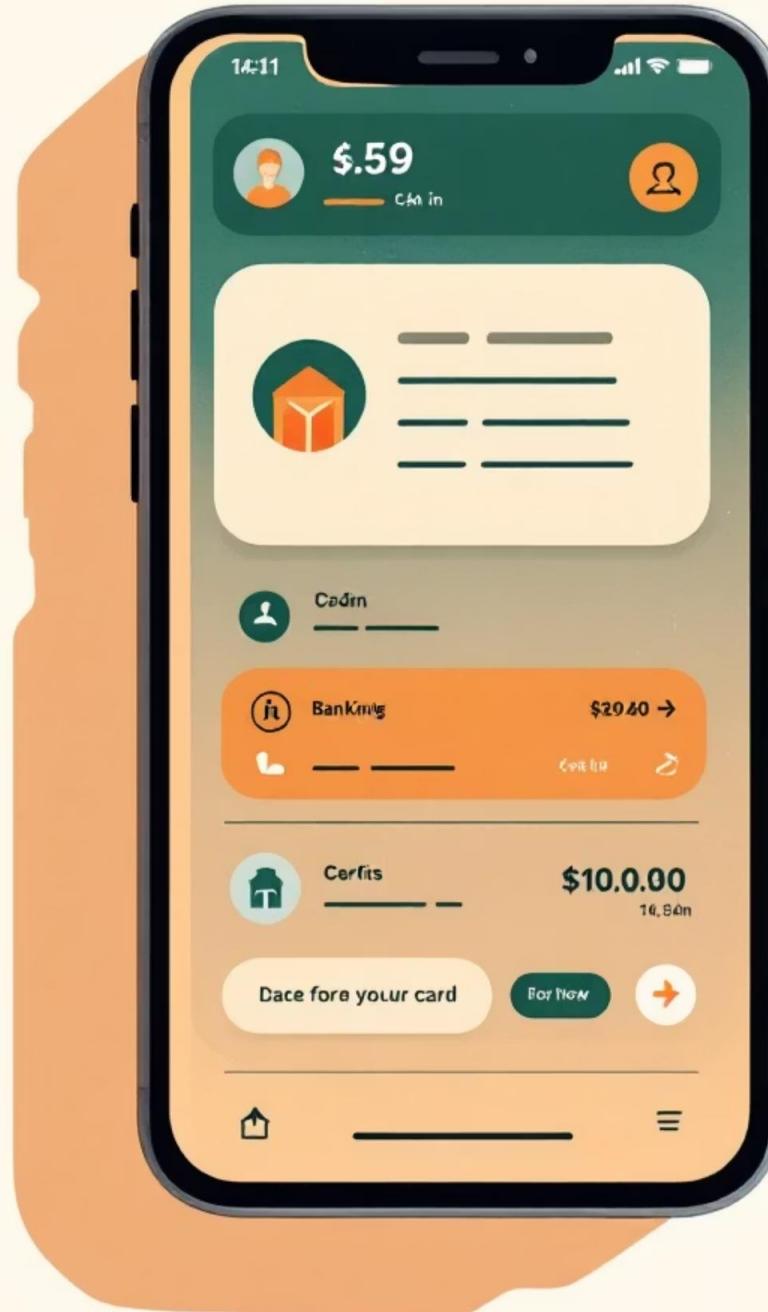
My income would come from:

Escape Hatch Money

Funds to leave a bad situation: £



The Automated Ignorance System

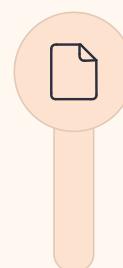


Set up your finances so you never see money you shouldn't spend.



Automatic Transfers on Payday

Direct funds to savings, investments, and specific goal accounts



Bills Account

Create dedicated account covering only fixed expenses (rent, insurance, subscriptions)



Spendable Balance

What remains in chequing is truly spendable - no maths required



Low-Balance Alerts

Set up notifications to prevent accidental overspending