CourseMints

GUIDE

Millionaire Psychology

The Wealthy Mindset

SELF-PACED PDF COURSE

COURSEMINTS.COM

CourseMints

Millionaire Psychology

The Wealthy Mindset

COPYRIGHT

© 2026 CourseMints. Published by Morvex Corporation Limited, Studio No. 28, 2 Old Brompton Road, London, England, SW7 3DQ. Registry Nr: 17034959. info@coursemints.com

All rights reserved. No part of this guide may be reproduced, stored or transmitted in any form without written permission from the publisher, except as allowed by the license below.

YOUR LICENSE

This guide is licensed to the buyer for personal use. You may download it, read it on any of your devices and print as many copies as you need for yourself. Please do not resell, share, upload or redistribute it, in whole or in part.

DISCLAIMER

This guide is for educational purposes only and is not financial, investment, tax or legal advice. Examples are illustrations, not promises. Results vary with your effort, skills and circumstances, and no particular income or outcome is guaranteed. Consider speaking with a qualified professional before you make significant financial decisions.

INSIDE THIS GUIDE

Contents

	How to Use This Guide	4
CHAPTER 1	What Wealth Really Is	7
CHAPTER 2	Your Money Scripts	11
CHAPTER 3	Scarcity, Abundance and Your Mental Bandwidth	15
CHAPTER 4	Testing Your Limiting Beliefs About Money and Success	20
CHAPTER 5	Delayed Gratification and Your Future Self	24
CHAPTER 6	Compounding: The Quiet Engine	29
CHAPTER 7	Earn More or Save More? Pulling Both Levers	34
CHAPTER 8	Thinking Clearly About Risk and Opportunity	38
CHAPTER 9	Learning From Successful People Without Being Fooled	42
CHAPTER 10	Building Wealth Habits That Run on Their Own	47
CHAPTER 11	Avoiding Get-Rich-Quick Traps	52
CHAPTER 12	Your Wealth Plan for the Next 12 Months	57
	Appendix: Quick Reference	61

How to Use This Guide

Most money advice tells you what to do: spend less, save more, invest early. The hard part is doing it, month after month, while life pulls the other way. That gap between knowing and doing is psychological. It lives in the beliefs you absorbed as a child, in how your brain weighs now against later, in how you react to risk, and in the stories you tell yourself about who gets to be wealthy.

This guide explains the thinking patterns, habits and decision tools that tend to go with building wealth, and how to develop them yourself, whatever your gender, background or starting point.

An honest word about “millionaire”

The title is a direction, not a promise. No book can guarantee that you will reach any particular net worth. Your results depend on your income, expenses, health, time horizon, the markets, the economy and luck. Some people do everything in this guide and still face a job loss or an illness that sets them back for years; others inherit a head start they did nothing to earn.

What you control are the patterns this guide teaches: how you think about money, how you decide and what you do by default. They do not guarantee a number, but they make it far more likely that what you earn turns into security and choices instead of slipping away. For many people on ordinary incomes, the arithmetic in Chapter 6 shows that a seven-figure net worth over a few decades is a realistic possibility rather than a fantasy. For others, the right goal is getting out of debt, a year of savings or a calm relationship with money. All of those count.

What is in this product

Part	What it is	When you use it
The Guide (this book)	12 chapters on the psychology of building wealth, from money beliefs to compounding, risk and habits	Read once through, then return to chapters as needed
The Workbook	Worksheets and exercises for every chapter, numbered to match	Right after you read each chapter
The Planner	Printable money mindset journal pages, net worth tracker, opportunity log and 12-month wealth plan	Every week and month once you have started

The short version: **the Guide explains, the Workbook digs into your own patterns, the Planner keeps you going.**

Chapters 1 to 4 cover your inner game (beliefs, scarcity, self-image), Chapters 5 to 8 the core mechanics (delay, compounding, earning, risk) and Chapters 9 to 12 the long game (role models, habits, traps and your 12-month plan).

How each chapter works

Each chapter explains the mechanism in plain language, with the research in “The Science” boxes (where evidence is mixed, we say so), then gives numbered steps, an example, a short exercise, common mistakes, the matching Workbook exercises and key takeaways. The people in the examples are illustrative composites, not real clients, and their numbers show the math, not a prediction of your results.

How to get the most from it

1. **Start with your numbers today.** Workbook Exercise 1.1 asks for a rough net worth snapshot. It takes 20 to 30 minutes and becomes your baseline.
2. **Read Chapters 1 to 5 in order.** They build on each other. After that, go wherever your biggest problem is.
3. **Write your answers.** Thinking on paper turns vague worries into decisions.

CHAPTER 1

What Wealth Really Is

01

Most people use “rich”, “wealthy” and “high earner” as if they meant the same thing. They do not, and the difference changes what you pay attention to.

Income, wealth and looking rich

Income is money flowing in: your salary, business profit, side income. **Wealth**, or net worth, is what you own minus what you owe at a moment in time: cash, investments, retirement accounts and the market value of your home or business, minus your mortgage, loans and card balances. Income is a flow; wealth is a stock. A high income does not create wealth on its own. Only the part you keep and invest does.

Looking rich is a third thing entirely. A large house, a new car and designer clothes are visible; savings and investments are not. As writer Morgan Housel points out in *The Psychology of Money*, the wealth you can see is often money already spent, while real wealth is mostly invisible: money that has not been turned into things.

THE SCIENCE

The millionaires next door

In *The Millionaire Next Door* (1996), researchers Thomas Stanley and William Danko surveyed wealthy US households. Many of the millionaires they found lived in ordinary neighborhoods, drove older cars and spent well below their incomes, and most had built their wealth themselves rather than inheriting it. The limits: the data is from the 1990s, relies on self-reports, and says nothing about the many frugal people who never became wealthy, often because their incomes were too low (Chapter 9 covers this trap, survivorship bias). The lesson that survives: many people who are wealthy do not look it, and many who look wealthy are not.

The wealth equation

Strip away the jargon and wealth grows through four levers:

1. **Earn:** the money that comes in.
2. **Keep:** the gap between what you earn and what you spend.
3. **Grow:** what that gap earns once invested, over time.
4. **Protect:** avoiding the big losses (debt spirals, scams, uninsured disasters, panic selling) that wipe out years of progress.

Most people pull one lever and neglect the others: they save hard but never ask for a raise, earn well but keep little, or invest and then lose it chasing a hot tip.

Wealth as options

The deepest reason to build wealth is what it buys: **options**, such as leaving a bad job, taking a career risk, caring for a sick parent or saying no to a deal that feels wrong. One way to measure this is your **runway**: how many months you could cover your essential costs if your income stopped.

Runway in months = the money you could reach within a few weeks, divided by your essential monthly costs.

Three months of runway changes how you feel walking into a negotiation. Two years of runway changes what kind of life you can choose.

How to do it

1. **List what you own.** Cash, savings, investments, retirement accounts, and your home or car at a realistic sale value (not what you paid or what you hope).
2. **List what you owe.** Every loan, card, mortgage, tax bill and personal debt, with its interest rate.
3. **Subtract.** That is your net worth today. If it is negative, as it is for many people with student loans or medical debt, it is a starting point, not a verdict.
4. **Calculate your runway** with the formula above.

5. **Write your own definition of wealth.** What would “enough” look like for you in 10 years: a number, a runway, a lifestyle, a freedom?
6. **Update your net worth monthly** in the Planner’s tracker. The trend matters more than any single month.

EXAMPLE

Two neighbors

Marcus, 41, is a sales director earning $180,000 a year. He leases two cars, has a large mortgage and a boat loan, and spends nearly everything he earns. His net worth, mostly home equity, is about $60,000, and his runway is under a month. Next door, Grace, 44, a nurse earning $72,000, has saved about 15 percent of her pay since her late twenties, drives a nine-year-old car and has a modest mortgage. Her net worth is about $310,000 and her runway is 14 months. Marcus looks wealthier. Grace is.

EXERCISE

Your wealth in one minute

Rough numbers are fine for now; the Workbook has a full worksheet.

1. Roughly, what do you own, and what do you owe?

2. Your approximate net worth, and your runway in months:

3. Finish the sentence: “For me, being wealthy would mean…”

CourseMints

WORKBOOK

Millionaire Psychology Workbook

Worksheets and Exercises for Every Chapter

COMPANION TO MILLIONAIRE PSYCHOLOGY

INSIDE THIS WORKBOOK

Contents

	How to Use This Workbook	4
PART 1	Your Inner Game	6
PART 2	The Core Mechanics	16
PART 3	The Long Game	26

PART 1

1 Your Inner Game

Exercises for Guide Chapters 1 to 4: your numbers, your money scripts, scarcity and the beliefs you hold about yourself.

Chapter 1: What Wealth Really Is

EXERCISE

1.1 Net Worth Snapshot

List what you own at realistic value (what you would get if you sold it soon, after costs) and everything you owe, from your latest statements.

Date: _____

What I own	Value
Cash, checking and savings	
Retirement accounts	
Other investments	
Home (realistic sale value minus selling costs)	
Vehicles, business and other assets	
Total assets	

CourseMints

PLANNER

Millionaire Psychology Planner

Your 12-Month Wealth Plan, Net Worth Tracker and Money Journal

COMPANION TO MILLIONAIRE PSYCHOLOGY

SELF-PACED PDF COURSE

COURSEMINTS.COM

INSIDE THIS PLANNER

Contents

	How to Use This Planner	4
PART 1	Your 12-Month Plan	5
PART 2	Net Worth and Monthly Money	9
PART 3	Money Dates, Journal and Opportunity Log	11

Month-by-Month Plan

Fill in the focus for each month at the start of the year; tick the last column after each monthly review.

	Main focus	Automatic transfers	Income or opportunity move	Reviewed
Month 1				
Month 2				
Month 3				
Month 4				
Month 5				
Month 6				
Month 7				
Month 8				
Month 9				
Month 10				
Month 11				
Month 12				