

MONEY MINDSET MUTINY

THE BOLD WOMAN'S PLAYBOOK
FOR WEALTH, WISDOM & FREEDOM



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MONEY MINDSET MUTINY

Reader Preview

Chapters One & Two

A complimentary excerpt from the book helping women worldwide rewrite their relationship with money — without shame, and without burnout.

Temisan Akerewusi

FREE PREVIEW EDITION

— A NOTE FROM TEMISAN

Dear Reader,

Thank you for downloading this complimentary preview of Money Mindset Mutiny.

The two chapters you're about to read have the potential to change the way you think about money, wealth, success, and financial freedom.

My hope is that these pages inspire you to challenge old beliefs and begin creating a new financial future — one built on clarity instead of guilt, and confidence instead of fear.

This is more than a book. It's an invitation to reclaim your story.

Welcome to the movement.

Temisan A.

FOUNDER, MONEY MINDSET MUTINY

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CHAPTER ONE

01

Redefining Wealth on Your Own Terms

Reclaiming your personal definition of abundance

When you hear the word wealth, what comes to mind? For some, it's a sprawling house with marble floors. For others, it's a luxury car or a closet filled with designer labels. You might picture a powerful business woman with stocks, bonds, and properties around the world.

But here's the truth: wealth is not a one-size-fits-all definition.

- For Amina in Nairobi, wealth means she can send her children to good schools without financial strain.
- For Temi in Lagos, it means she can leave a toxic job because she saved enough to start a business.
- For Chloe in Houston, it means taking a three-month maternity leave and not worrying about rent.
- For Leila in Dubai, it means being able to travel, support her parents back home, and still invest in her dreams.

The key is this: wealth is personal. It is not only about money. It is about what money allows you to experience, create, and protect.

The Myth of the "Universal Rich Woman"

Across different cultures, women are constantly exposed to images and narratives about what success and wealth should look like. Whether it's the Instagram-perfect vacations, luxury handbags, or a high-rise apartment with a stunning skyline view, society often suggests that these symbols are the benchmarks of true wealth. The message is clear: if you don't possess these things, you may be seen as lacking.

However, it is important to pause and question these assumptions. Consider a woman in Accra who owns farmland and provides food for her community. Is she any less wealthy than the social media influencer with designer accessories? Or think about a banker in London who earns six figures but struggles to find peace of mind. Is her financial success a true measure of her overall wealth? Then there is the debt-free teacher in Manila who sleeps soundly and enjoys the love of her family. Is she less successful than a CEO who is overwhelmed by stress?

True wealth cannot be measured simply by comparing yourself to others or by chasing society's standards. When you evaluate your own life through someone else's definition of wealth, you are bound to feel inadequate. Their version of success was never meant to fit your unique circumstances or aspirations. The journey to real abundance starts with recognizing that your personal definition of wealth matters most.

What Wealth Means

At its foundation, wealth is characterized by freedom, security, and alignment. Each of these elements contributes to a life that is not just financially stable but deeply fulfilling.

Freedom

Wealth gives you the ability to make choices about where you live, the work you pursue, and the company you keep, without feeling constrained by financial limitations. It means that money does not hold you hostage, allowing you to move through life with autonomy and confidence.

Security

Security, as an aspect of wealth, ensures that you and your loved ones are protected. It is the reassurance that you will not be devastated by an unexpected emergency and that your financial foundation is strong enough to weather life's storms.

Alignment

Living in alignment means that your daily life reflects your values, passions, and priorities. For some, this might be traveling the world; for others, it could involve building generational wealth or simply enjoying peace and contentment. Alignment allows you to shape your lifestyle in ways that are meaningful to you.

By taking the time to define wealth for yourself, you reclaim the power to focus on what truly fulfills you. Instead of chasing external images or societal standards, you can create a life that genuinely excites and inspires you.

Reflection Exercise — Write Your Own Definition

When I imagine feeling wealthy, I see myself...

The three things that make me feel most abundant right now are...

My money goal is not only about numbers; it's about being able to...

This exercise is not about being "realistic." Instead, it invites you to be honest with yourself. Your personal definition of wealth will serve as a compass, guiding every financial decision you make.

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My friend Ada once held a prestigious, high-paying corporate role in Lagos. From the outside, her life sparkled: tailored suits, executive meetings, and a paycheck that impressed everyone who heard the number. But behind that polished image was a woman running on fumes, surviving on four hours of sleep, and battling a constant undercurrent of anxiety. She told me once, "I felt like I was performing success, not living it."

One day, her body and spirit had enough. She resigned, simplified her lifestyle, and started a small consulting practice built around work she actually loved. Her income dipped at first — but something else rose. Her peace. Her creativity. Her energy. Her smile.

When I asked if she felt "less wealthy," she laughed — the kind of laugh that comes from a rested soul. "Less wealthy? Never. For the first time, I feel rich in the ways that matter: peace, freedom, and joy."

CASE STUDY · ADA, LAGOS

Three Ways to Start Today

- 1 Break Up with Comparison.** Whenever thoughts like "why is she ahead?" creep in, pause and remind yourself: "Her wealth is hers. My wealth is mine."
- 2 List Your Wealth Pillars.** Identify three to five things that truly matter to you — health, travel, security, family, purpose — as your guiding compass.

- 3 **Start a Wealth Journal.** Each day, write one sentence about how you experienced wealth — a bill paid on time, a moment of rest, \$10 saved.

AFFIRMATION

"I define wealth on my own terms. My abundance is personal, intentional, and aligned with the woman I am becoming."

Now that you have grounded yourself in a definition of wealth that reflects your own truth, you are prepared to move forward. The next chapter will guide you in reshaping your thoughts about money itself — building from the foundation you have just set.

CHAPTER TWO

02

Money Mindset Makeover

Transforming your beliefs from scarcity to abundance

If money were a person in your life, how would you describe your relationship? Would you say it's complicated, stressful, or distant? Perhaps it feels conditional — you only engage with it when it appears, but avoid it when it brings discomfort.

For most women, the relationship we have with money began taking shape long before we ever earned our first paycheck. The beliefs and emotions we hold were influenced by the words we heard at home, the lessons embedded in our culture, and the narratives presented by the media.

This silent script, running quietly in the background, is known as your **money mindset**. It is one of the most powerful forces shaping your financial reality.

Understanding Your Money Mindset

Your money mindset refers to the collection of beliefs and emotions you hold about money. These beliefs significantly influence your actions — whether you ask for a raise, how you approach saving, and if you allow yourself to spend money on things you enjoy.

The risk with these beliefs is that, if left unexamined, they can keep you trapped in cycles of scarcity, fear, or avoidance. The good news: mindsets are not permanent. Just as you can update your phone's software, you can reprogram your beliefs about money.

Scarcity sounds like: "There's never enough." · "I'm not good with money." · "If I spend, I'll lose everything."

Abundance sounds like: "There's always enough to go around." · "Spending on myself is an act of self-love." · "Financial freedom is possible for me."

An abundance mindset does not ignore reality. Instead, it encourages you to approach money with possibility, creativity, and confidence rather than fear.

Global Stories of Money Beliefs

Money mindsets can look different depending on where you are, but underlying beliefs often shape how people relate to money.

Nairobi

SCARCITY & SELF-CARE

Grace felt guilty treating herself to nice things — even as a well-paid project manager. Her perspective shifted when she reframed spending as self-care rather than waste.

London

NEGOTIATION & CULTURAL SCRIPTS

Maya hesitated to ask for promotions, believing "money conversations are rude." By practicing negotiation as a neutral discussion, her salary doubled within three years.

Lagos

VALUE & SELF-WORTH

Temi underpriced her fashion business, believing "people won't pay women too much." Repositioning her brand as premium attracted clients who valued her work.

Toronto

ENJOYMENT & SECURITY

Leila was taught "life is short, spend it all now." Balancing saving with enjoyment helped her cultivate a more empowered money mindset.

These examples highlight that while the details differ, beliefs fundamentally shape behavior around money.

Step 1: Identify Your Money Story

Begin by understanding the narrative you tell yourself about money. Reflect:

- What phrases about money did you hear growing up?
- How do you feel when you check your bank account — excited, anxious, avoidant?
- Do you believe wealth is attainable for you, or only for "other people"?
- When you spend money on yourself, do you feel guilt or joy?

Step 2: Challenge the Lies

Take a closer look at each limiting belief and reframe it as an empowering truth:

"Money is hard to come by." → "Money flows to me through opportunities, creativity, and value I create."

"I'm just not good with money." → "I am learning to manage money with confidence and skill."

"I don't deserve wealth." → "I deserve wealth because I use it to live well and impact others."

Step 3: Practice Abundance Daily

- **Money Affirmations** — repeat "I am worthy of wealth. I attract abundance with ease" each morning.
- **Gratitude Journaling** — write three money-related blessings every day.
- **Visualization** — spend two minutes picturing your abundant life.
- **Surround Yourself with Abundance** — connect with women who inspire you financially.

“

While in Ghana, I met a young woman named Efua who often said, "I'm cursed with money." Through daily mindset work, she began to replace that thought with: "I am blessed with money and learning how to manage it better." Over a year, Efua's relationship with money transformed — she started saving regularly, applied for a better job, and taught her siblings budgeting skills. The most significant shift was in her self-confidence, not just her finances.

REAL-WORLD EXAMPLE · EFUA, GHANA

Action Steps

- 1 **Money Story Audit** — write five beliefs you hold about money. Circle those rooted in scarcity.
- 2 **Rewrite Them** — create an empowering version of each belief.
- 3 **Daily Affirmation Practice** — repeat one or two affirmations each morning for 21 days.
- 4 **Gratitude Ritual** — end each day recording three things you're grateful for financially.

AFFIRMATION

"I release every limiting belief about money. I am worthy of wealth, abundance, and financial freedom."

You've just begun your makeover. In the next chapter, we get practical — taking the emotion out of mystery numbers, and helping you gain clarity, confidence, and control over your finances.



Temisan Akerewusi

WEALTH EDUCATOR · STORYTELLER · FOUNDER, MONEY MINDSET MUTINY

Temisan Akerewusi is a wealth educator, storyteller, and advocate for women's financial and personal freedom. She is the founder of **Money Mindset Mutiny**, a global movement helping women transform their money stories through practical strategy and mindset mastery.

Her debut nonfiction book, *Money Mindset Mutiny*, empowers women to save, budget, invest, and create generational change with clarity and confidence.

Temisan is also the author of the novel *Love Across Latitude*, inspired by true events and celebrating the resilience and devotion that transcend borders and circumstances.

A former corporate professional turned entrepreneur, she now leads **Maison E & S Juice & Coffee Bar**. Whether she is writing about money or about love, Temisan believes freedom is built one choice, one story, and one courageous step at a time.

Ready for the Full *Transformation?*

...This is only the beginning. The complete edition of Money Mindset Mutiny takes you through 13 chapters and a full toolkit — from crushing debt and investing without intimidation, to negotiation, protecting the bag, and stepping fully into your Wealthy Woman Era.

- ✦ **Buy the full book or join the waitlist** for early access and launch-day bonuses.
- ✦ **Subscribe to the newsletter** for money mindset tools, delivered straight to your inbox.
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Start the mutiny.