

Sarah Li Cain

Your Next Great Guest!



WHO IS SARAH?

Sarah Li Cain is a money storyteller who weaves practical tips and strategies into her work so that those trying to change their money mindset can see themselves in the starring role. She is the founder of High Fiving Dollars, a place where people can ask questions to learn to love their money like they mean it as well as share their stories to help others be resilient with their finances.

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WHY SARAH?

Sarah is passionate about sharing what has helped her create a better life by instilling better habits, mindsets, and strategies into her finances. She openly shares her struggles and no topic is too taboo for her and is known for dishing out her personal struggles with money and how small yet consistent steps have helped her and countless others who visit her website. Her approachable nature and willingness to gently push people out of their comfort zone has helped her gain a following from around the world.

SUGGESTED INTERVIEW TOPICS

- Relationships and money
- How creating boundaries helps generate wealth
- Why self-worth is equal to net-worth
- Why it's important to integrate money, physical health, and mental health together
- Why understanding one's money story is integral to a better financial future

SUGGESTED INTERVIEW QUESTIONS

- How did you start your journey into personal finance?
- Why do you feel that money stories are integral to people's financial health?
- Your work is deeply rooted in wellness in all aspects. How does financial health play into physical and emotional health?
- How can people get started on a more positive money mindset?
- You talk a lot about how emotions play into our money decisions. Why is that?