

How Aware Are You?

Guess your answer to each question and put it on the first line. How close do you think you are (Circle the answer)? Now check what the actual number is and write it on the second line, then see if you were right about how close you were.

- 1) How much cash do you have? _____ Actual _____
a) within \$10 b) within \$100 c) within \$1,000 d) within \$10,000
- 2) How much is in your checking account (s)? _____ Actual _____
a) within \$100 b) within \$1,000 c) within \$10,000 d) within \$100,000
- 3) How much consumer debt do you have? _____ Actual _____
a) within \$100 b) within \$1,000 c) within \$10,000 d) within \$100,000
- 4) What is the value of your investments? _____ Actual _____
(on the most recent statements)
a) within \$10,000 b) within \$100,000 c) within \$1,000,000 d) within \$10,000,000
- 5) How much did you give away last year? _____ Actual _____
a) within \$1,000 b) within \$10,000 c) within \$100,000 d) within \$1,000,000
- 6) What is your financial net worth? _____ Actual _____
a) within \$10,000 b) within \$100,000 c) within \$1,000,000 d) within \$10,000,000

How comfortable are you with your current awareness level? If you had more information, would it affect your decisions? Would it help you feel less anxious? Or, if you relaxed more about numbers (especially about investment values and net worth), would you feel less anxious?

Aligning the Way You Use Money with Your Values

If someone who doesn't know you looked at how you SPEND money, what would he/she think is important to you?

If someone who didn't know you looked at how you GIVE money, what would he/she think is important to you?

If someone who didn't know you looked at how you INVEST money, what would he/she think is important to you?

Aligning the Way You Use Money with Your Values (continued)

What is TRULY important to you?



How might you use money differently to express those values?

What Could Be Different?

What would be different in my life if I believed I have enough resources to do what I want to do?

To experience more peace about money, I could ...

*If I ask for what I want,
and accept what I receive,
I will get what I need. ~ mls*