

10 THINGS REFLECTION ACTIVITY

What brings you joy?

A good exercise to examine your priorities is writing down a list of the 10 things you value the most and another list of the 10 things you spend the most money on (maybe try using an app like Frollo to speed up this process), and then see whether they align.

Working towards your financial goals makes you consider everything you spend time and money on, and whether it brings joy and value to your life.

WHAT ARE THE 10 THINGS YOU VALUE THE MOST?

Examples: yearly holidays, spending time with my sister, buying coffee, living in the city...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT ARE THE 10 THINGS YOU SPEND THE MOST ON?

Examples: inner city rent, clothes, movies, nice dinners, electricity, fast food...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Brainstorm

WAYS TO MORE CLOSELY **ALIGN** YOUR VALUES AND YOUR SPENDING: