

DISCOVERING YOUR CORE SPENDING VALUES

What is a value? Values are basic and fundamental beliefs that guide attitudes or actions. They help us determine what is important to us.

To find your **CORE VALUES**, you just have to ask yourself one question:

What do you love to spend money on?

You might feel uncomfortable asking yourself that question. Why... Our culture likes to make use feel guilt, shame, and judgement around spending, especially when it comes to spending on ourselves.

It's time to rethink the way you look at spending. It's time to align your values so you feel good, proud, and content about your purchases.

- 1)** Take a few moments to reflect on what is important to you. Consider your goals, experiences, and relationships.
- 2)** From the list of values below, put an "x" on fifteen that are important to you.
- 3)** Of those fifteen values, circle the ten that resonate most to you.
- 4)** Highlight the three values that speak to you the most.

Please add to your list any valued which are important to you that are not included here.

<input type="checkbox"/>	Abundance	<input type="checkbox"/>	Impact
<input type="checkbox"/>	Accountability	<input type="checkbox"/>	Integrity
<input type="checkbox"/>	Achievement	<input type="checkbox"/>	Intentionality
<input type="checkbox"/>	Adventure	<input type="checkbox"/>	Knowledge
<input type="checkbox"/>	Appearance	<input type="checkbox"/>	Leadership
<input type="checkbox"/>	Authenticity	<input type="checkbox"/>	Legacy
<input type="checkbox"/>	Balance	<input type="checkbox"/>	Loyalty
<input type="checkbox"/>	Career Achievement	<input type="checkbox"/>	Love
<input type="checkbox"/>	Challenge	<input type="checkbox"/>	Luxury
<input type="checkbox"/>	Charity	<input type="checkbox"/>	Merit
<input type="checkbox"/>	Community	<input type="checkbox"/>	Nature
<input type="checkbox"/>	Convenience	<input type="checkbox"/>	Organization
<input type="checkbox"/>	Compassion	<input type="checkbox"/>	Personal development
<input type="checkbox"/>	Competition	<input type="checkbox"/>	Pleasure
<input type="checkbox"/>	Creativity	<input type="checkbox"/>	Power and authority
<input type="checkbox"/>	Ecological awareness	<input type="checkbox"/>	Privacy
<input type="checkbox"/>	Experiences	<input type="checkbox"/>	Quality relationships
<input type="checkbox"/>	Efficiency	<input type="checkbox"/>	Recognition
<input type="checkbox"/>	Excellence	<input type="checkbox"/>	Respect
<input type="checkbox"/>	Excitement	<input type="checkbox"/>	Reputation
<input type="checkbox"/>	Faith	<input type="checkbox"/>	Relationships
<input type="checkbox"/>	Fame	<input type="checkbox"/>	Security
<input type="checkbox"/>	Family	<input type="checkbox"/>	Self-respect
<input type="checkbox"/>	Financial	<input type="checkbox"/>	Social Status
<input type="checkbox"/>	Freedom	<input type="checkbox"/>	Spontaneity
<input type="checkbox"/>	Friendships	<input type="checkbox"/>	Stability
<input type="checkbox"/>	God	<input type="checkbox"/>	Self-improvement
<input type="checkbox"/>	Gratitude	<input type="checkbox"/>	Travel
<input type="checkbox"/>	Generosity	<input type="checkbox"/>	Trust
<input type="checkbox"/>	Health / Fitness	<input type="checkbox"/>	Truth
<input type="checkbox"/>	Helping others	<input type="checkbox"/>	Wealth
<input type="checkbox"/>	Independence	<input type="checkbox"/>	Work/life balance

What are your top 3 values?

- 1)
- 2)
- 3)

What are your top 3 values? (significant other's response)

- 1)
- 2)
- 3)

COACHES NOTES

Self reflection on your top 3 values and assessing the financial impact.

If you had \$5,000 to spend on any of the above, where would you allocate those funds? Your answer - the one that instinctively came to you within seconds is likely your #1 spending value.

Are there any of your top 3 values that are going unsatisfied or underfunded at the moment?

Do you feel your money is aligned with these values? If someone saw your spending or financial plan, would they be able to tell this is your value system?