Your Money Mirror

Instructions: Sit down with at least three (3) months of checkbook records, credit card statements, or your P&L. In a pinch, one (1) month will provide some insight, but going back three (3) months will give you best reflection of your current priorities.

First, look at these documents as an **objective outsider or private investigator** might. Perhaps imagine that you are trying to fit together the pieces of a *mystery person* based on their purchases and spending habits. Through this lens, what do your expenses say about you? What are this person's priorities, values, preferences, practices? Do you see any patterns or routines? Where does this person shop? Do they go for high end or bargain basement? Fast food or organic? What (if anything) do these things say about this person? What life choices is she making? What kind of person is this?

Now, look again…this time, open up to the **intimate knowledge and deeper meaning** you have relative to these expenses. Why do you spend money the way you do? Which purchases make you happy and which bring you nothing or worse…regret? Are your spending patterns in alignment with your larger goals? If not, why? Finally, are you living within your means?

Build A FINANCIALLY F.I.T. BUSINESS

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Begin your reflection here...