

EVERYDAY MONEY



Thank you for downloading the Everyday Money Values Exercise!

The people who truly live wealthy are the people who live their life aligned with their values, those things that are most important to them. It's crucial to identify your personal values and reexamine them frequently. This exercise will help you determine if you are living in harmony or at odds with your values.

As you go through this exercise, I encourage you to think outside the box and to be honest, regardless of how ridiculous it may feel. Sometimes those pie-in-the-sky ideas help you identify what you really want.

Living life within your values becomes the framework by which you begin to make intentional decisions. Living with intention leads to a happy and fulfilling life.

I hope that you find this exercise useful in setting you on your path to living wealthy now!

Sincerely,

Hannah

Hannah Moore, CFP®

Read through the list of values on this page and circle the ones that resonate with you. Once you have identified those values, narrow down your list to your top 5-7. If you have a hard time narrowing them down, imagine yourself in a situation where you would have to choose between satisfying one or another. Which would be more important to you?

These values tend to be fairly consistent over time, though how they manifest themselves in your life may be different.

If this exercise is overwhelming, think through a day where you felt happy and content. What was it about that day that made you feel good? What core values did that support?

Achievement	Hard Work	Power
Action	Health	Productivity
Activism	Home	Quality
Adventure	Humanitarianism	Reason
Art	Humor	Relationships
Beauty	Independence	Reputation
Comfort	Influence	Resilience
Community	Innovation	Respect
Competition	Integrity	Responsibility
Contentment	Joy	Risk Taking
Creativity	Justice	Security
Discipline	Knowledge	Service
Discovery	Love	Simplicity
Environmentalism	Loyalty	Solitude
Excitement	Luxury	Spirituality
Expertise	Meaningful Work	Stability
Faith	Mindfulness	Success
Fame	Nature	Teaching
Family	Open-mindedness	Tradition
Freedom	Order	Truth
Frugality	Originality	Unity
Fun	Peace	Virtue
Generosity	Perfection	Wealth
Growth	Pleasure	Other _____

What are your values?

Looking at your list, what will your life look (work/career, family, personal growth) like if you truly live by your values?

What is the financial consequence if you started living this way? Is this even possible?

What would prevent you from living this way?

Will you regret anything if you don't live your life by these values? If so, what would that look like?

What is one thing you can do today to move yourself closer to living a wealthy life?