

Ten Things Reflection Activity

What brings you joy? A good exercise to examine your priorities is to write down a list of the 10 things you value the most and another list of the 10 things you spend the most money on, and then see what aligns and what doesn't.

What are the ten things you value the most? <i>For example: yearly holidays, buying coffee, time with my family and living in the city...</i>	What are the ten things you spend the most money on? <i>For example: inner city rent, clothes, Uber eats, movies and electricity...</i>

Brainstorm some ways to more closely align your values and your spending:

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