

Self-Check in

Many of us, in the Midwest, grew up hearing that we should delay our desires and save for the future. Ever the eye on the distant, golden future. Consider that the present is a golden opportunity for you to feel more fulfilled. Today, we'd like you to pause and think about your quality of life...

Please rank yourself in each area, 1 being very low, 5 being very average, 10 being extremely high

Joy

1 2 3 4 5 6 7 8 9 10

Satisfaction

1 2 3 4 5 6 7 8 9 10

Health

1 2 3 4 5 6 7 8 9 10

Family

1 2 3 4 5 6 7 8 9 10

Friends/Community

1 2 3 4 5 6 7 8 9 10

Circle 3-5 answers that resonate for you. When I think about my money, I feel:

- | | | | |
|------------|---------------|-------------|-------------|
| Abundant | Curious | Generous | Responsible |
| Aligned | Distant | Jealous | Scarce |
| Anxious | Ease | Joyful | Scattered |
| Casual | Embarrassment | Managed | Sleepless |
| Comfort | Excited | Neutral | Stopped |
| Confused | Expansive | Overwhelmed | Tension |
| Connected | Flow | Paced | Time-Bound |
| Controlled | Foolish | Relaxed | Well |

My top 3 complaints about money right now are:

- _____
- _____
- _____

