

SERIES: WHAT TO DO ABOUT MONEY

Episode 3: "Keep Track"

Your money talks-whether you have a little or a lot. What would it say about you?

QUESTIONS

- 01 Which category of spending (food, bills, entertainment, etc.) is easiest for you to lose track of?
- Describe a time when money caused you distress or anxiety.
 What factors *outside of your control* led to this moment?
 What factors *within your control* led to this moment?
- Andy made a case for approaching money as managers, not owners. Does this perspective resonate with you? Why or why not?
- Do you track how you spend your money? If yes, are your financial priorities what you want them to be? Why or why not? If no, what are the benefits of beginning to track your spending?

NOTES

BOTTOM LINE

How you spend your money reveals what's most important to you.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.