

What's Your Money "Why"?

WRITING AND REFLECTION EXERCISE. TAKE A FEW MINUTES TO ANSWER THE FOLLOWING QUESTIONS TO HELP FIND YOUR MONEY "WHY." CHANCES ARE, YOUR RESPONSES WILL PROVIDE SOME INSIGHT ABOUT WHY YOU WANT TO "GET MONEY" IN THE FIRST PLACE.

What do you value most in life? Friendships? Career? Travel?

List a few of your happiest memories.

If you won \$1 million and had to spend it, what would you buy? Why?

WRITE DOWN YOUR "WHY"

EXAMPLE: I WANT TO GET MONEY BECAUSE I WANT TO TRAVEL MORE WITH MY FRIENDS

TURN YOUR WHY INTO A S.M.A.R.T. GOAL

SPECIFIC: WHAT, SPECIFICALLY, DO YOU WANT? EXAMPLE: I WANT TO GO TO BARCELONA WITH SAM

MEASURABLE: HOW WILL YOU MEASURE PROGRESS? EX: I'LL SAVE FOR IT IN MY SAVINGS ACCOUNT

ATTAINABLE: IS THE GOAL REALISTIC?

RELEVANT: DOES THE GOAL MATTER TO YOU? IS IT MEANINGFUL TO YOU?

TIME-BOUND: WHEN WILL YOU COMPLETE IT? EX: AT \$200/MONTH, I'LL GET THERE IN 1.5 YEARS