

Value of Your Dollar (Exercise 6.2)

What do you most value? Do you spend your money and time on these items? Use this exercise to help you focus your money and time on what's most important to you.

**Directions:** Read over the list below. Put a one (1) beside the things most important to you. Put a two (2) by the things you consider somewhat important and a three (3) by things that are not important to you.

Values List		
___ Religion/Spirituality	___ Education	___ Travel
___ Saving Money	___ My Own Business	___ Jewelry
___ Family	___ Health	___ Cultural Events
___ Sports	___ Job Success	___ Food
___ Insurance	___ Friends	___ New Car
___ Pay off Debt	___ Clothes	___ Owning a Home
___ Entertainment	___ Children	___ Technology Devices
___ Other: _____	___ Other: _____	___ Other: _____

Now put your money where your mouth is. Remember this list when choosing how you spend your money. If you don't have enough money for what you want, add them to your future goals.