

1) Values, Money and the Big Picture

Money is a very personal matter. For some people it can be quite emotional as well. The choices you make about money are personal. These choices reflect your values.

What is money?

- Money helps you get the things you need and some of the things you want.
- You spend money in a way that brings you satisfaction.
- Find out how you spend your money by keeping track of your income and expenses.

(The budget section has more information about this).

Know yourself

- What do you want your money to do for you?
- How can money help you satisfy your needs and desires?

What are Values?

Values are beliefs you have about the worth or importance of relationships, things or ideas. They are a part of what shapes who you are. Values shape the choices you make, including choices about money. A person's values can change over time.

Values are about a way of life.	Goals are about doing and having stuff
<ul style="list-style-type: none">• I value friends.	<ul style="list-style-type: none">• Being able to go out.
<ul style="list-style-type: none">• I value security.	<ul style="list-style-type: none">• Saving for security or education.
<ul style="list-style-type: none">• I value my health.	<ul style="list-style-type: none">• Eating healthy, exercising, etc.
<ul style="list-style-type: none">• I value being able to reward myself.	<ul style="list-style-type: none">• Travelling.
<ul style="list-style-type: none">• I value being able to take care of myself.	<ul style="list-style-type: none">• Having a job and being able to pay bills, rent, etc.

Things you value highly cannot always be bought, or measured with money. This does not make them less valuable.

Consider your values

Your spending values are the things which provide you with the most satisfaction when you spend money on them. **Imagine you have \$500:**

- Will you spend it to buy sports equipment, gadgets, books, etc.?
- Will you put it in a savings account?

1 a) Values Worksheet

Think about these questions and answer honestly.

What in my life is really important to me now and in the future?	
What do I want from the money I have?	
Do my actions support my values?	
Do my actions conflict with my values?	
Are there things that I want to change so my actions support my values?	

Remember these "big picture" questions as you go through other sections. It is especially useful when thinking about goals and budgeting.