

Personal Reflection Exercises...

I Invest in Myself



I invest in myself.

I know that in order for my life to change I must change because everything I experience in life is through the lenses of my beliefs, experiences, fears and needs. If I want to experience a more peaceful and successful life, I have to understand and optimize those filters.

I must take responsibility to know myself at the deepest level in order to make the changes that will create my most amazing life experience and therefore, I invest in the training and information that will allow me to be the best version of myself.

I know that anything I do for myself is an investment in my life for a lifetime. I know that the quality of my life and my relationships improve when I invest in my own mind.

My investment in myself is a **contribution to my emotional wealth.**

It's important to invest in my emotional wealth because, not being willing to part with my money and **keeping it in the bank while I'm struggling emotionally is not a sound investment.**

I know the kind of life I want to experience and I am willing to invest in the skills, thoughts, and beliefs that will help bring it about.

Being happy, peaceful, and successful on all levels is my highest priority because I realize that I only have this one life.

I would rather have less money and be completely happy than have enormous financial wealth while being emotionally bankrupt.

Self-Reflection Questions:

- 1. What do I spend too much money on that doesn't matter?**
- 2. What matters the most to me in my life?**
- 3. What would my life be like if I invested more in my emotional wealth?**