

Squanderlust for Wagestream

Your Values and Money Worksheet

Question One.

Think about some of the non-essentials that you spend money on. What value do they give you emotionally?

What do you pay for?	What emotional value do you get?
e.g. Gym membership	e.g. <ul style="list-style-type: none">• Relaxation;• Self-care/health;• Looking fit gives me status or makes me attractive to others (companionship);• Achievement.



Question Two.

Which of these values do you want more of in your life? Circle the ones that mean the most to you.

Companionship	Solitude	Pleasure from beauty or design	Comfort
Security	Ability to give	Independence	Learning
Creativity	Adventure/ excitement	Status	Relaxation
Achievement	Self-care/health	Something else?	

Question Three.

Look at your answers to questions one and two. How well do they match? Are you spending in line with your values? If not, why not? Note down your thoughts.

Question Four.

Choose one value that means the most to you. Think of something to save up for that would bring you more of that value. (For example, if your value was creativity, you might choose to save for a good camera so you can take great photographs. If your value is security, you might put £500 aside for emergencies.)

Now go and research what this would cost you and work out how much you could save each week or month to get you to that goal.

