

# Money & Harmony

## Exercise: Reflecting on Your Financial Journey

A basic exercise is to look at where you are today and where you want to go. It can be advantageous to simply write down how you feel right now - about money - and how you would like to feel. Since you will be working a lot with mindset, values, emotions, and inner truths in the upcoming chapter, you can make this exercise very, very simple.

Complete the following sentences. If you want to be an overachiever, this exercise is perfect for making a really long version once you are done with the entire course.

For now, a few sentences are fine.

I signed up for the course because...

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Today, I feel that...

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I think it would be much more harmonious if...

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