Values Clarification with Money Integration

The easiest way to examine the alignment of values with $ allocation is to ask this simple question: **if I were to die prematurely tomorrow, could a stranger look at my bank spending, saving and income records and know – without a doubt – what I value?**

It's simple. Your values are illuminated when making $ and spending $.

Values Clarification with $ Integration is an opportunity to reflect on your own spending patterns and see how connected (or not) your spending matches what you say matters most.

There are 4 columns for exploration and clarifying:

1) value,
2) category/ways,
3) specific item/experience,
4) $ need.

Column 1 you are answering what you value.
Column 2 you are answering the category or ways that this value can manifest.
Column 3 identifies the specific item or experience that you express in this category.
Column 4 is a simple question of does this require money or not. If so, how much.

When you complete this exercise, you have a measurable mirror to compare to your financial spending reality. If the mirror matches, well done. If the mirror doesn't match, and it rarely does, see where you are called to make adjustments in your money life.

Value	Category/Ways	Specific Item/Experience	$ Need
e.g. Good health	exercise	gym membership, walking/running in woods, Yoga	no
	eating healthy	buy organic food, slowly chew food, practice annual cleanses	yes

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Value	Category/Ways	Specific Item/Experience	$ Need
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

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