

# Cost and Value

These questions and exercises are JUST FOR YOU.

I do not need answers to any of them,

though I'm happy to discuss budgeting strategies.

Whatever answers you find you will still have access to ALL the services I offer.

As you begin please take a moment to consider some of the expenses that you may have in your life, which ones are more important to you and which ones don't really matter to you?

housing	entertainment	travel	
caffeine	education	recreational drugs	
the little comforts	technology	in-home workers	
alcohol	food	supporting dependants	healthcare
transportation/cars	bottled water	clothing/accessories	

## Sliding Scale

**\$40-50**

Do you have to make decisions about food, housing and healthcare based primarily on price? Do you struggle to meet basic needs?

**\$50-70**

Do you you prioritize entertainment, technology and travel over investing in basic needs? Do you purchase coffee drinks, eat out, or go to bars regularly?

**\$70-100**

Are you an international traveler or receiving family money? Do you own one or more properties?