



Reflection Questions

① How does my behavior influence my financial well-being?

How do emotions, biases, and decision-making impact my financial outcomes? Do I have a process?

Considering my patience, discipline, and long-term thinking: Do I have this? Practice this? What's missing?

② What are the common psychological pitfalls in managing money?

Do I get influenced by herd mentality and the fear of missing out (FOMO) (Remember Crypto? Or property? Or...)

What about overconfidence, timing the market, and excessive risk-taking? When I did go off the edge? What was going on?

③ How can we align our behaviors with our financial goals?

Do I set realistic goals and prioritize financial decisions? What's my system?

Explore strategies for developing healthy financial habits and avoiding short-term temptations

④ What can we learn from historical financial mistakes and successes?

Analyze various boom and bust cycles - How did people react? How did I react? What comes to mind?

Reflect on the consequences of irrational behavior. Do I viscerally 'get' the power of compounding?

⑤ How can we cultivate a healthy relationship with money and wealth?

What's "enough" for me? (Beyond 'One dollar more' as Rockefeller famously said) What does the pursuit of financial contentment look like for me?

How do I practice gratitude & generosity? Do I understand the purpose financial well-being?