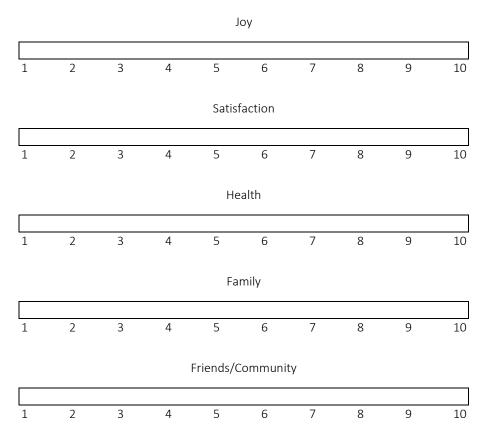
## Self-Check in

Many of us, in the Midwest, grew up hearing that we should delay our desires and save for the future. Ever the eye on the distant, golden future. Consider that the present is a golden opportunity for you to feel more fulfilled. Today, we'd like you to pause and think about your quality of life...

Please rank yourself in each area, 1 being very low, 5 being very average, 10 being extremely high



Circle 3-5 answers that resonate for you. When I think about my money, I feel:

Abundant	Curious	Generous	Responsible
Aligned	Distant	Jealous	Scarce
Anxious	Ease	Joyful	Scattered
Casual	Embarrassment	Managed	Sleepless
Comfort	Excited	Neutral	Stopped
Confused	Expansive	Overwhelmed	Tension
Connected	Flow	Paced	Time-Bound
Controlled	Foolish	Relaxed	Well

My	/ top	3 (	comp	laints	about	money	<sup>,</sup> right	now	are
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