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?

What are the common 2 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?

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

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

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

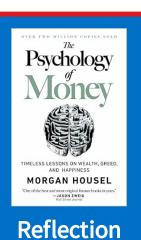
Reflect on the consequences of irrational behavior. Do I viscerally 'get' the power of compounding?

How can we cultivate a healthy

5 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?



Questions