

My “Reasons”

Sit in a quiet place where you are not distracted. Take some quiet time to think about your “Reasons”. Circle the ones below that you use often and add any that you do not see listed here.

“Reasons”:

- “I work hard and I deserve to treat myself.”
- “I was never taught how to manage money.”
- “I have never been a good saver.”
- “My parents weren’t good with money and neither am I.”
- “If I got paid more money, I would do better.”
- “I’m going to pay off my credit card balance in full anyway.”
- “I want to give my children more than I had.”
- “You only live once.”
- “I am too busy to deal with my finances.”
- “I’ve tried spending less, but I just can’t.”

Other Reasons I commonly use:

*Remember:
“Reasons” *Do not* bring results.