



## Section 6: Breaking the Fall

### Exercise 18

This exercise points out you all the ways you've tried to solve your money problems.

#### What have you tried?

- |   |  |
|---|--|
| <input type="checkbox"/> New Year's Resolutions | <input type="checkbox"/> Wrote down ALL expenses |
| <input type="checkbox"/> Relocated              | <input type="checkbox"/> Set saving goals        |
| <input type="checkbox"/> New job                | <input type="checkbox"/> Used cash only          |
| <input type="checkbox"/> Organized my files     | <input type="checkbox"/> Used only debit cards   |
| <input type="checkbox"/> Organized my office    | <input type="checkbox"/> Met with my accountant  |
| <input type="checkbox"/> New checking account   | <input type="checkbox"/> Shuffled credit cards   |
| <input type="checkbox"/> Screamed               | <input type="checkbox"/> Balance transfers       |
| <input type="checkbox"/> Read books             | <input type="checkbox"/> Changed banks           |
| <input type="checkbox"/> Watched videos         | <input type="checkbox"/> Cursed                  |
| <input type="checkbox"/> Bought magazines       | <input type="checkbox"/> Pulled out my hair      |
| <input type="checkbox"/> Did a budget           | <input type="checkbox"/> Kicked the dog          |

*You're not the only one trying to change your finances—everyone does it. Unfortunately, most of these things just end up getting you even more stressed and frustrated!*