



Section 6: Breaking the Fall

Exercise 17

This exercise explores some of the automatic assumptions that keep you stuck and stressed.

THEY Say This, THEY Say That

Study the list below and circle the ones that are the RIGHT way to manage money:

Have a savings account.

- Put away my credit cards.
- Buy a house.
- Shop for interest rates.
- Monitor my credit report.
- Never file bankruptcy.
- Save for college.
- Save for retirement.
- Get life insurance.
- Pay bills when they come in.
- Stick to a budget.
- Play it safe.

Now answer these questions:

Why are these the RIGHT way to manage money?

How do you KNOW they're right?

Who told you they're RIGHT?

How do THEY know?

Do you see how many things you automatically assume are the right way to manage money? The real question is: Are these the right ones for you?