

# Investing in *myself*

## Brainstorming



### My excuse "I DON'T HAVE MONEY"

How I can save or bring some extra \$\$:

What is at stake if I don't invest in myself:

How much I can save/get extra:

*\$ per*

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### My excuse "I DON'T HAVE TIME"

What I can do to find time window for me every day:

This might happen if I don't take time for myself:

How much time I can find for myself:

*min/hours per*

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### My excuse "I DON'T VALUE MYSELF ENOUGH"

How long I can go ignoring my own wishes and needs:

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How do I feel about it:

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