



Emotional ROI

Write down your expenses and rate them from 1-5 based on their Emotional Returns on Investment. Those that make you feel happy, excited, fulfilled, secure, or relaxed will be closer to a 5 and those that you feel crummy about will be closer to a 1.

RENT & UTILITIES	
ITEM	EROI RATING

CAREER	
ITEM	EROI RATING

FOOD & DRINK	
ITEM	EROI RATING

HEALTH & HYGENE	
ITEM	EROI RATING





Emotional ROI

FAMILY/COMMUNITY

ITEM

EROI RATING

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FUN & ADVENTURE

ITEM

EROI RATING

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INVESTING

ITEM

EROI RATING

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SAVING/DEBT SERVICING

ITEM

EROI RATING

--

OTHER:

ITEM

EROI RATING

--

OTHER:

ITEM

EROI RATING

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This exercise is based on the concept created by Shannon Lee Simmons , founder of The New School of Finance. Her work is amazing and we highly recommend you check out her book Worry-Free Money.



EROI Tops & Bottoms

Identify your top and bottom scoring items based on the previous sheet.

TOP-SCORING:

BOTTOM-SCORING:

"SPEND LAVISHLY ON THE THINGS YOU LOVE AND CUT COSTS
MERCILESSLY ON THE THINGS YOU DON'T."
- RAMIT SETHI





EROI-Cutting Costs

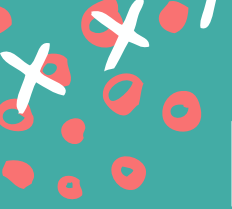
Choose 5 of your lowest scoring items and list some ways you could cut costs in these areas.

ITEM #1:

ITEM #2:

ITEM #3:





EROI-Cutting Costs

ITEM #4:

ITEM #5: