



QUESTION ONE

Am I safe?

Before thinking about what comes next, consider what helps you feel safe and supported today. Where do you feel secure, and where might you need more care or support?

Physical

Do I have a safe place to live, and are my basic needs being met?

Mental

Do I have the understanding and support I need to make the decisions facing me?

Emotional

Do I feel safe being myself and expressing how I feel?

Spiritual

Do I have values, beliefs or a sense of meaning I can turn to when life feels uncertain?

Here, *spiritual* means your sense of meaning and purpose, whatever your beliefs.

MY REFLECTIONS

Start with what feels useful today. There is no need to answer everything at once.

You can return to this question as your life and circumstances change.



QUESTION TWO

What do I really want?

Think about the life you want to live at this stage. What would you like more of, what would you like to change, and what matters most to you?

Physical

How would I like to feel in my body and live day to day?

Mental

What would I like to understand, learn or feel clearer about?

Emotional

How do I want to feel about myself and in my relationships?

Spiritual

What would make my life feel meaningful to me?

Here, *spiritual* means your sense of meaning and purpose, whatever your beliefs.

MY REFLECTIONS

Start with what feels useful today. There is no need to answer everything at once.

You can return to this question as your life and circumstances change.



Physical

Mental

Emotional

Spiritual

Here, spiritual means your sense of meaning and purpose, whatever your beliefs.

Start with what feels useful today. There is no need to answer everything at once.

THE FIVE QUESTIONS / QUESTION 03



What comes next?

Physical

Mental

Emotional

Spiritual

Here, spiritual means your sense of meaning and purpose, whatever your beliefs.

Start with what feels useful today. There is no need to answer everything at once.

You can return to this question as your life and circumstances change.



QUESTION FIVE

What is your financial archetype?

05

How you think and feel about money can influence the choices you make. Take the Financial Archetypes Quiz as a starting point for reflecting on your money habits and the life you want them to support.

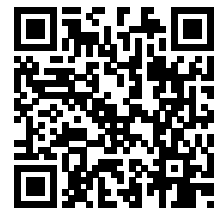
CONTINUE WITH THE QUIZ

Answer six questions to explore the patterns that shape your relationship with money. Your results show a financial archetype map that you can save as a PDF or print.

Take the Financial Archetypes Quiz

Six questions. No email required.

www.livebeyondwealth.com/financial-archetypes



Scan to open the quiz

MY REFLECTIONS

After the quiz, note your strongest patterns and anything you would like to explore.

A starting point for reflection. Your results are not a measure of financial success.



THE WHAT'S NEXT LETTER

Continue the conversation with Matt.

Thank you for taking this time for yourself. You don't need to have every answer today.



I'd love to keep the conversation going. Join The What's Next Letter for short notes on money, meaning, relationships, and the chapters ahead.

Join The What's Next Letter

www.livebeyondwealth.com/letter

You can unsubscribe at any time.



Scan to join the Letter