

## Resource Management

### How You Spend Your Time and Money

Have you ever considered how you spend your valuable resources of time and money? The world would be a very different place to live in if we only bought what we needed to survive. Instead, we spend money on goods and services that produce conscious or unconscious emotions. And, we spend a lot of time doing it.

We all spend money in different ways, for different reasons and in different amounts. Consider the way you spend time and money by doing the following exercise. You might find that you can make some changes in your life.

**What types of products and services do you *enjoy* spending money on?**

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**How are you a “good” spender?**

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**How would you like to change your spending habits?**

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