

MY ENOUGH exercise



When two people come together, they bring their backstories, expectations, and dreams. What feels like enough to one might not feel like enough to the other.

We've listed out a variety of areas that come together to make a couple's financial life. By yourself, look at each category and mark the number that represents your ideal or enough. You're looking for the level where you think you would be satisfied and content. Make sure to do this by yourself. Please be brave and be honest. If a four-bedroom house with a three-car garage is what you feel in your heart is enough, that's okay. This is not a quiz of what "should" be enough, but rather what feels like enough to you.

HOUSING

1	2	3	4	5
Rent a studio apartment		Own a 2-BR home		Own a 4-BR with 3-car garage

GROCERIES

1	2	3	4	5
Ramen Noodles®		Spaghetti and meatballs		All organic, all the time

TRANSPORTATION

1	2	3	4	5
Bus/Bike/Walk		1 car		At least 2 new cars

HEALTH CARE

1	2	3	4	5
Web MD®		Online marketplace		Private insurance

WARDROBE

1	2	3	4	5
Goodwill®		Target®		Seasonal & custom designed

TRAVEL

1	2	3	4	5
Camping		Holiday Inn®		Five star suite

ENTERTAINMENT

1	2	3	4	5
Netflix®, Redbox®		Movie Theater		Broadway

CREDIT CARDS

1	2	3	4	5
Pay minimum		Carry occasional balance		No balance

GIFTS / GENEROSITY

1	2	3	4	5
If there's some left over		Family, friends & maybe church		Intentional giving that stretches us

RETIREMENT SAVINGS

1	2	3	4	5
I'll just keep working forever		Regular contributions		Retire early

RISK PROTECTION

1	2	3	4	5
I'm invincible		Group coverage		I'm fully insured

EXERCISE

1	2	3	4	5
Nothing, or exercise at home		YMCA®		Personal trainer

DINING OUT

1	2	3	4	5
Only special occasions		1-2 times a week		Rarely eat at home

Before we switch and look at your partner's answers, please remember your job in this session is not to fix or harmonize; it's to understand.

Now look at what your spouse marked. Look for the areas where you align and where there's a gap.

Since your only job is to understand, here's a couple questions to guide your conversation:

Would you tell me more about what this looks like to you?

I really appreciate that you...

How do you think your backstory shapes your vision here?

I know you want our family culture to be... How do you see this area building that?

How do you see our different ideas of enough impacting our relationship?

Try This!

Make a collage or Pinterest board with pictures that represent what you've selected above.