



## Section 5: Rewire the Machine

### Exercise 14

This exercise will show you how easy it is to build a new spending map.

#### Building a New Spending Map

*Try this:*

1. Pick up a catalog (if you can't find one, don't worry; they'll be plenty in the mail).
2. Go through the whole catalog and fold down the corner of every page with something that piques your interest—something you'd like to buy.
3. Put the catalog away for one week (even a day or two will work).
4. Now, look at each page you earmarked and answer these questions:
  - i. *Can you find the item you were interested in?*
  - ii. *Does it still look interesting?*
  - iii. *Is it something you would buy today?*

Congratulations, you just started building a new spending map!

*You only need 'intention' to make a new money map. Deciding to do it differently is all it takes to create a new money dynamic.*