WORKSHEET

“Building a Life, Not Just a Net Worth” with Sahil Bloom and Bjorn Larson

Use this worksheet as you listen to capture what stands out, answer the reflection questions, and note one small action you want to take next. There are no right or wrong answers – this is for your personal reflection. If you'd like to watch the video again, scan the QR code

Pause 1 (4:13): The “15 more times” wake-up call

- What hit me most (and why): ______________________________
- A relationship/experience I want to protect: ______________________________
- One “small move” I could make this week: ______________________________
- When will I do it? Day/time: ______________________________

Pause 2 (9:22) : Reassuming agency over your time

Top 3 priorities I say I have right now:

1. ______________________________
2. ______________________________
3. ______________________________

- If someone observed my last 7 days, they'd say my priorities were:

  ____

- Biggest gap I notice (pick one):

  ☐ Time | ☐ Relationships | ☐ Health | ☐ Purpose | ☐ Finances

- One boundary or decision that would “create time”:

  ____

- One assumption I might be making about what I can't change:

  ____

- Alignment: If my actions fully matched my stated priorities, I would spend more time ______________________________ and less time ______________________________.

Pause 3 (11:17): Money as a tool vs. a trap, and the "more" loop

- Money feels like a TOOL when I use it to:

  ____

- Money starts feeling like a SCOREBOARD when:

  ____

- A "more" message I've absorbed:

  ____

- One non-money metric I want to be "rich" in (Circle one):

  ☐ Time | ☐ Health | ☐ Relationships | ☐ Purpose | ☐ Service

- What would "richer" look like in that area? ____

Pause 4 (13:07): Influencing desire: your environment shapes your wants

- Where I notice "mirroring" show up most:

  ☐ Spending | ☐ Career | ☐ Parenting | ☐ Lifestyle | ☐ Other: __________________________

- Influences that pull me toward the life I want:

  ____

- Influences that pull me away: ____
- One influence to reduce this month: ____
- One influence to increase this month: ____

Pause 5 (18:43): The Five Types of Wealth and defining "enough"

Give yourself a rating (1=low, 10=high) for each of the 5 types of wealth

Type of wealth	My rating (1–10)	One small way to improve by 1 point
Time wealth		
Social wealth (relationships/community)		
Mental wealth (purpose/growth)		
Physical wealth (health/vitality)		
Financial wealth (and "enough")		

- Where I feel expectations creeping up: ______
- One category I want to raise by 1 point in the next 30 days: ______
- My first step (specific + small): ______

Pause 6 (27:16): Anti-goals: what you refuse to sacrifice

- A goal I'm pursuing: ______
- My anti-goal (what I refuse to sacrifice): ______
- Warning sign I'm drifting toward sacrificing it: ______
- One minor course correction I'll make this week: ______

Pause 7 (33:07): Two-minute practices: Energy Calendar, 1-1-1 journaling

- One "green" activity that gives me energy: ______
- One "red" activity that drains me: ______
- Tiny adjustment I could try to reduce the drain: ______
- My 7-day experiment (choose one): ☐ Energy Calendar | ☐ 1-1-1 Journaling

  Start date: ______ Time of day I'll do it: ______

Take Action

- One idea I want to remember: ______
- One action I will take in the next 48 hours: ______
- Who will I tell (accountability/truth teller)? ______
- If I did this consistently for 30 days, I think it would change: ______

To go more in depth with the Five Types of Wealth, take the quiz here: The Wealth Score Quiz

Questions?

Speak with your financial advisor to learn more about creating a personalized plan that reflects your values, priorities and long-term goals.

thrivent

ADVICE + INVESTMENTS + INSURANCE + BANKING + GENEROSITY

31474K N6-26