

Play 22: Money Doesn't Bring Happiness — Nor Does the Amount

This worksheet invites you to reflect on your relationship with money, the limits of wealth as a source of happiness, and what truly defines success in your life.

1. What role does money currently play in how you define success?
2. At what moments in your life did more money fail to bring more happiness?
3. What fears or anxieties are you trying to protect yourself from through money?
4. How much money would feel 'enough' for you today—and why that number?
5. What have you already sacrificed in the pursuit of financial security?
6. Which parts of your life give you meaning that money cannot buy?
7. If your income stayed the same for the next five years, what would you need to change to live better?
8. How does comparison with others influence your financial ambitions?
9. In what ways does money currently serve you—and in what ways does it control you?
10. What would a healthier relationship with money look like for you?

Take one insight from your answers this week and test it in your next decision/team interaction.