

# Value Calculations:

If **self-value** + **object value** = **price**

buy (feels easy, feels good)

If **self-value** + **object value** > **price**

do not buy (inner hesitation/feels cheap or lacking in value)

If **self-value** + **object value\*** < **price**

do not buy (if you value yourself lower than the price it will feel too expensive for you, even if you can afford it, it will be unsatisfactory))

Spend with enjoyment, spend with appreciation; feel the **VALUE** of how you spend.

