PEOPLE
PURPOSE
PROGRESS

THE HOOD PROJECT

INVEST
TODAY
FOR A
BRIGHTER
TOMORROW.

# THE INVESTMENT MENU

SIMPLE WAYS TO START INVESTING IN YOURSELF.

**YOU DON'T HAVE TO CHANGE EVERYTHING AT ONCE.**

CHOOSE AN AREA. CHOOSE AN INVESTMENT. START SMALL. STAY CONSISTENT.

## TIME

INVEST IN HOW YOU USE YOUR HOURS.

- [ ] Plan your week before it starts
- [ ] Create a simple morning or evening routine
- [ ] Set aside focused time for your priorities
- [ ] Reduce unnecessary screen time
- [ ] Use a calendar or planner
- [ ] Schedule time for rest and fun
- [ ] Learn to say "no" to things that don't serve your priorities
- [ ] Spend 30 minutes working toward a personal goal

**ASK YOURSELF:**

*Is the way I spend my time helping me build the life I want?*

## ENERGY

INVEST YOUR BEST ENERGY WHERE IT MATTERS MOST.

- [ ] Take breaks before you reach burnout
- [ ] Create boundaries around your time and availability
- [ ] Spend less energy on things you cannot control
- [ ] Identify people or situations that drain you
- [ ] Make time for hobbies and activities you enjoy
- [ ] Create quiet time without your phone
- [ ] Focus on fewer priorities at one time
- [ ] Give yourself time to recharge

**ASK YOURSELF:**

*"What deserves my energy—and what doesn't?"*

## MONEY

INVEST IN FINANCIAL STABILITY AND YOUR FUTURE.

- [ ] Track where your money goes
- [ ] Create a basic monthly budget
- [ ] Save something from every paycheck
- [ ] Build an emergency fund
- [ ] Pay down high-interest debt
- [ ] Learn the basics of investing
- [ ] Avoid unnecessary impulse purchases
- [ ] Set a specific financial goal
- [ ] Learn one new financial concept each month

### GIVE YOUR SAVINGS A JOB

| | |
|---|---|
| **Emergency Savings** | For unexpected expenses. |
| **Goal Savings** | For something you're working toward—education, a car, travel, a business, etc. |
| **Long-Term Investing** | Money intended to grow over time for your future. |

**ASK YOURSELF:**

*Is my money only helping me live today, or is some of it helping me build tomorrow?"*

## RELATIONSHIPS

INVEST IN THE PEOPLE WHO HELP YOU GROW.

- [ ] Spend intentional time with family
- [ ] Check in with someone you care about
- [ ] Find a mentor
- [ ] Become a mentor to someone else
- [ ] Build friendships around shared goals and values
- [ ] Have difficult but necessary conversations
- [ ] Set healthy boundaries
- [ ] Show appreciation to people who support you
- [ ] Build relationships outside of your usual circle

**ASK YOURSELF:**

*Are the relationships I'm investing in helping me become better?"*

## HEALTH

INVEST IN THE BODY AND MIND CARRYING YOU TOWARD YOUR GOALS.

- [ ] Walk, run, exercise, or play a sport regularly
- [ ] Drink more water
- [ ] Eat more nutritious foods
- [ ] Create a consistent sleep schedule
- [ ] Schedule routine medical and dental care
- [ ] Take intentional breaks from screens
- [ ] Spend time outside
- [ ] Develop healthy ways to manage stress
- [ ] Give your body time to recover

**ASK YOURSELF:**

*"Am I taking care of the person I'm asking to accomplish my goals?"*

## GROWTH

INVEST IN THE PERSON YOU'RE BECOMING.

- [ ] Read 10 pages a day
- [ ] Listen to educational podcasts or audiobooks
- [ ] Learn a new skill
- [ ] Take a class, course, or certification
- [ ] Journal regularly
- [ ] Ask for feedback
- [ ] Attend workshops and professional events
- [ ] Study someone who is successful in an area you want to improve
- [ ] Practice a skill instead of only consuming information
- [ ] Teach someone else something you've learned

**ASK YOURSELF:**

*What am I learning today, that will make me more valuable tomorrow?"*

*Invest In Yourself.*

A STRONGER YOU
CREATES A STRONGER COMMUNITY.

## BUILD YOUR PORTFOLIO

You don't need to choose something from every category. Start with the area you identified as your biggest opportunity on your Investment Portfolio.

**My investment:** _____

**Why this matters to me:** _____

**The return I want:** _____

**ONE AREA.**
**ONE ACTION.**
**30 DAYS.**

### THE CHALLENGE

Before you leave today, choose one investment you can make within the next 24 hours.

*Small investments, made consistently, can create significant returns over time.*

# INVESTMENT PORTFOLIO WORKSHEET

| | 1. Neglecting It | 3. Maintaining It | 5. Investing Intentionally |
|---|---|---|---|
| Time | | | |
| Energy | | | |
| Money | | | |
| Relationships | | | |
| Health | | | |
| Growth | | | |

# 30 Day Action Plan

**My One area for improvement is :**

**The Action I will take is:**

**I COMMIT to doing this for 30 days starting _____ (Date)**

**_____ (Signed).**