

# INVESTMENT

in·vest·ment

/in 'ves(t)m(ə)nt/



**Allocating resources now to achieve benefits at a later time.**

When you think of an investment, one of the first things that comes to mind is “what am I going to get out of this?” You have the opportunity to determine the outcome based on what you put in.

Investments can come in many forms. Some are actual financial investments. If your DREAM is to complete a marathon, you have to invest in good running shoes and comfortable workout clothes. You may have to invest in a gym membership.

Other investments can be of time, energy, training, and even in your mindset on the days when you don't feel energized to work out. Take a few minutes to brainstorm and come up with all the things that you need to invest in to get this vision accomplished. You can include things like money, time, research, coaching, etc.

## ***JOURNAL EXERCISE:***

**What do I have to invest (time, money, effort, etc.) in order to make my DREAM come true?**

Put your timer on for 3 minutes and write everything that comes to mind in regard to this question:

---

---

---

---

---

---

---

---

---

---