Exercise 18
(MODULE 15)

1. Write down a list of those psychological challenges that you see in yourself when it comes to investing (they are different for each person) and of ways of how you can overcome them.

2. Do something that scares you (a few times). It might be speaking in public, approaching a stranger or petting a cute dog (make sure with the owner it doesn't bite before). Observe yourself in those situations, how you feel and how your perspective has changed after you have done something that previously had scared you, but now maybe does not anymore.

NOTES: