



Says



Thinks

experience a lot of distress when they're considering spending

tend to have more self-control, act more rationally and plan more

Opportunities for growth are situations where you can advance in your career

influenced by a complex interplay of personal and external factors, including income, wealth, financial goals, the economy, cultural norms, and marketing.

say a lot about your values, priorities, and emotional state.

to grow as a professional is to find ways to improve your skills and applicable knowledge



ZAYN

Age 22
Marketing Manager

Check if your purchases are in line with your financial goals or if they make any sense

linked to *our emotional health and inability to resist instant gratification.*

The key to career growth is being open to making mistakes

spending money becomes excruciating because they feel like they're making themselves vulnerable

career growth opportunities can *help you attract talent in a tight labor market.*

trying your best to grow as an individual, you can improve your sense of well-being



Does



Feels