Psyche Value Matrix Maximize your Joy <u>Dr. Martha Beck</u>

1. Top Dollar Items	2. Bottom Dollar Items
I really need it I really love it and I can afford it!	I really need it but I don't really love it Medication—Groceries
Treamy love it and ream ariora it.	Maslow's Hierarchy
3. Remaining Dollar Items	4. No Dollar Items
I don't really need it, BUT I really	I don't really need it and I
LOVE IT – Discretionary income	don't really love it –
that won't affect other	Let it go
important needs – like paying	
bills.	

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5. Top Dollar Items I really need it I really love it and I can afford it!	6. Bottom Dollar Items I really need it but I don't really love it Medication—Groceries Maslow's Hierarchy
7. Remaining Dollar Items I don't really need it, BUT I really LOVE IT – Discretionary income that won't affect other important needs – like paying bills.	8. No Dollar Items I don't really need it and I don't really love it — Let it go