



What Creates No Value Deserves a Closer Look

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THOUGHT FOR THE DAY

What costs more but brings people no benefit should be left out.

Mozi | Mohist School

What does it mean?

The Mohist School does not demand that we give things up at any cost. It asks one simple question: Does this expense bring people a real benefit?

This question helps us handle money with greater care. When we examine our habits, we are less likely to spend because of a passing feeling. That leaves more money for goals that truly matter.

Put it into practice

- 01 Before an unplanned expense, pause and say in one sentence what value it will bring you.
- 02 Review one regular expense that you have continued paying only out of habit.
- 03 Use any money you free up for a goal that gives you security or helps you grow.

YOUR TASK FOR TODAY

Look at your last five expenses and mark the one that added the least value to your life.

YOUR QUESTION

Which habit costs you more than it gives you?