



Practise Good Money Rules

03 September 2026 | Discipline | 3 minutes

THOUGHT FOR THE DAY

Practising good money rules regularly strengthens your discipline and helps you build wealth reliably.

Antisthenes

What does it mean?

Many centuries later, Diogenes Laertius reported that Antisthenes saw virtue as a matter of deeds. Words and knowledge alone are not enough in this account. Today's thought applies the idea to money habits.

A good money rule helps only when you follow it regularly. Each repetition strengthens your discipline and makes long-term wealth building more reliable.

Put it into practice

- 01 Write down one simple money rule you want to follow each week.
- 02 Choose one fixed day for this money rule.
- 03 Mark the next date in your calendar now.

YOUR TASK FOR TODAY

Choose one money rule. In five minutes, write down when you will apply it this week.

YOUR QUESTION

Which money rule do you want to follow reliably from today?