

# Don't Get So Consumed Building Wealth That You Forget To Build A Life

I was recently crafting an interview post for the great and magnificent [Physician on Fire](#), when I was reminded of a core belief that I had lost sight of recently. It's crucial that everyone in pursuit of Financial Freedom pause and reflect on the following:

Don't get so consumed building wealth that you forget to build a life.

It's so easy to get caught up in the pursuit of a better tomorrow that we forget to live in the present. None of us are even guaranteed a tomorrow. Life could be gone in an instant and that's very sobering to realize.

That doesn't mean I want you to go out there and live as if you will die tomorrow, I'm just asking YOU (and ME) to make sure to enjoy the journey. Every once in a while, lift your head, and enjoy the view. Pause and smell the roses. Kick your feet up and accept the lack of productivity while you consume and recharge.

I've lost count of how many times I've been spending time with my wife, friends, family, and yet I wasn't really present. My mind is always churning and planning my next move to hit that next milestone. It's always that next thing. I'm personally allured by the chase because the game is fun for me.

But the game shouldn't be played at the sacrifice of everything else. I encourage each and every one of you reading this to develop a deep sense of self-awareness. Doing so will allow you to course correct when the pendulum has swung to far to the left or right. It will allow you to take a moment to pause and reflect on why you started this wealth building journey in the first place.

Leverage self-awareness to travel on parallel paths. You can build your wealth and your life simultaneously. It's not only okay, but it's mandatory to indulge and enjoy the fruits of your labor from time to time. Treat your wife to that fancy pricey dinner

at your favorite restaurant. Rent that beach house and dip your toes into living your dream life. Get yourself a massage. Go to a concert or sporting event. We save so that we can spend, so get out there and spend a little money.

It's okay imperative that you live a little and learn to be present while doing so.

Now tune into the present and start building your life!

- Gen Y Finance Guy



## Gen Y Finance Guy

**Hey, I'm Dom** - the man behind the cartoon. You'll notice that I sign off as "Gen Y Finance Guy" on all my posts, due to the fact that I write this blog anonymously (at least for now). I like to think of myself as the *Chief Freedom Officer* here of my little corner of the internet. In the real world, I'm a 30-something former C-Suite executive turned entrepreneur turned capital allocator. I am trying to humanize finance by sharing my own journey to Financial Freedom. I believe in total *honesty* and *transparency*. That is why before I ever started blogging, I decided that I would share all of my own [financial stats](#). I do this not to brag, but instead to inspire motivate, and also to hold myself accountable. My goal is to be a beacon of hope, motivation, and inspiration for *you*, the reader, by living life by example and sharing it **all** here on the blog. My sincere hope is that you will be able to learn from me - both from my successes and my failures! [Read More](#)