A SMALL GUIDE TO LIVING WITH INTENTION

The page beneath your hand.

Happiness. Healthiness. Wealthiness.



Learn from everyone.
Become your own trusted guide.

A few minutes to read. One small step to keep.

Harold Clark / Guru Within Us

01 / BEGIN WHERE YOU ARE

A good life makes room for all three.

You do not have to rebuild your life this week. Choose one small act that makes it feel more like your own.

Happiness

Who deserves a little more of your attention?

Send one thoughtful message. Say what you appreciate.

Healthiness

What would help you care for your energy today?

Choose a little movement, a quiet pause, or time to rest.

Wealthiness

What would you like to understand about money?

Write down one question. Learn before you act.

Takeaway: choose the smallest action you would actually do.

02 / A CLEARER INVESTING DECISION

Before the next click, ask a better question.

A confident story can still leave important things unexplained. Start by separating what you know from what you assume.

Business

How does this company make money?

Valuation

What assumptions make the price seem reasonable?

Narrative

What is the market expecting?

Money flow

What do price and volume show, and what is unclear?

Then pause: am I following a process, or reacting to a feeling?

These questions introduce Sentinel 360, a framework in development. They are a starting point for learning, not a buy/sell checklist.

03 / OUR INVESTING PHILOSOPHY

Understand first. Decide deliberately.

Our approach brings business understanding, valuation, market context, and self-awareness into one learning process.

Begin with the business.

Understand how it earns money, what could weaken it, and which facts you still need to learn.

Make the assumptions visible.

A valuation is an estimate. Ask what must be true for it to make sense, and how the answer changes if you are wrong.

Give risk and patience a place.

Consider the downside before the excitement. Leave room for uncertainty; waiting can be a considered decision.

Keep your judgment your own.

Study different perspectives, question the story, and write down your reasoning. Revisit it as the evidence changes.

One question to keep: What would change my mind?

04 / A FREE MARKET PRACTICE

Try this today. Keep what you learn.

Build a one-company research note and a paper-trading journal. You can start with a notebook; no paid tool is needed.

1. Understand one business.

Choose a company you know. Read its latest annual report on its investor-relations website. Write how it earns money and one risk it describes.

2. Record before you react.

Date your note. Record the observed share price, your reasoning, and what evidence would change your mind. An interesting business is not automatically an attractive price.

3. Test on paper.

Record a hypothetical purchase of one share and a review date. Later, record the observed price. Compare the outcome with your reasoning, not just the profit or loss.

Your note: Company _____ Date _____ Price _____

Reason _____ Risk _____ Review date _____

Optional: use thinkorswim paperMoney for simulation if you have access. Simulated outcomes differ from real trading and do not establish future profitability. No immediate profit is promised.

05 / YOUR NEXT 30 DAYS

Make one small promise visible.

Choose an action small enough for an ordinary day. Mark a square when you do it. A missed day is an invitation to begin again.

MY SMALL ACTION

START DATE

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

At the end: What helped? What got in the way? What is worth carrying into the next month?

06 / A PROMISE TO YOURSELF

Something small enough to keep.

Keep this card in a wallet, a book, or beside your desk. Write one action, and a moment in your day when you will try it.

Instead of “be healthier,” try “after lunch, take a short walk if it is comfortable for me.” Instead of “learn investing,” try “read one page and write one question.”

GURU WITHIN US

My next small promise.

I will _____

After / when _____

If I miss a day, I can begin again.

Print this page at 100% / actual size. Cut around the card. The card is 3.5 x 2 inches. This is a personal intention, not a contract, debt, or promise of a particular result.

AN OPEN INVITATION



Bring a question. Let’s think it through.

Bring your one-company note. We can talk about what you discovered, what is still unclear, and what you would like to learn next.

A conversation with Harold is a chance to talk about what you want to learn and whether one-on-one investing education could help.

We can explore concepts, tools, and general or hypothetical examples. The aim is to help you become a more independent thinker.

Schedule a Conversation with Harold

cal.com/harold-itouhz

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