



THE HIDDEN TAXES THAT YOU NEVER FILE





EVERY JUNE-JULY,
WE COMPLAIN:
**“10%-20%-30% OF MY
INCOME? FOR WHAT?”**

ROADS. HEALTHCARE. DEFENSE.
EDUCATION. SOCIAL SCHEMES.

It stings, doesn't it?





But here's the real question:

**What taxes are you paying
that never show up on
paper?**





Not income. But Mental.

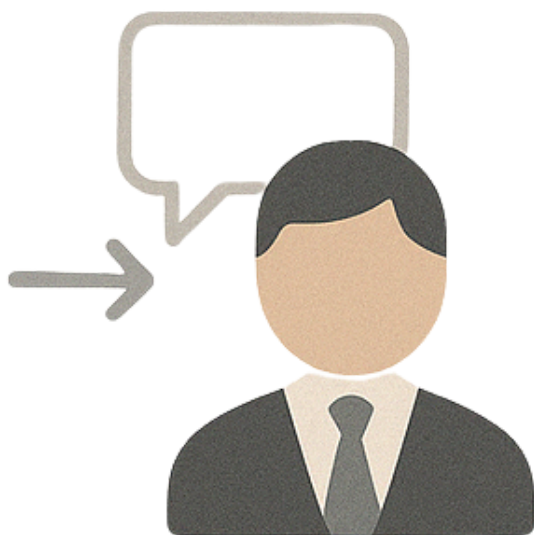
The invisible taxes you pay daily especially as a high performer or leader?





The Taxes #1

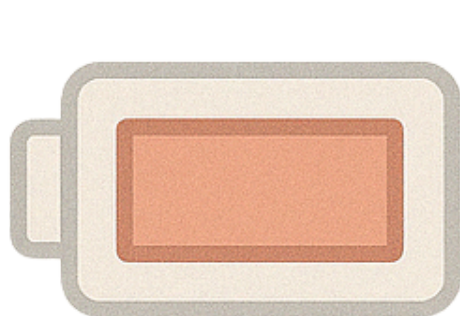
- Avoiding tough feedback = **Leadership tax**
- Always staying composed = **Personal Image tax**
- Saying yes when you mean no = **Boundary tax**





The Taxes #2

- Skipping recovery = **Burnout tax**
- Rewriting that email 5x = **Perfectionism tax**
- Pushing through fatigue = **Stamina tax**





The Taxes #3

- Delaying decisions = **Clarity tax**
- Comparing online = **Self-worth tax**
- Pretending you're okay = **Emotional suppression tax**





**These taxes don't come
once a year.**

They come daily.

And they compound.





But here's the good news:

You can start filing them.





The 3-Minute Mental Ledger

Ask yourself, every evening:

- 1. What taxed me today?**
- 2. Was it worth it?**
- 3. What can I reduce, reframe or remove tomorrow?**





No ***app***.
No ***fluff***.
Just brutal ***clarity***.

And a little peace of mind.





This is just one part of my
Mental Budgeting Framework,
a system to protect your
energy and make high
performance sustainable.

If this resonates, ***DM me*** & I'll
share more tools to help you stop
overpaying.

