

Ahoy, Money! Webinar

Webinar Session 2

Chapter 1 -

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Worksheet page 12

1

Welcome to the second session of the Ahoy Money Bonus Webinar.

In our first webinar session, I recommended you watch the webinar after reading the chapter of the book to which the webinar relates. I'd recommend you read Chapter 1 – “Summoning Your Captain” if you have not done so already.

It's also fine if you are watching all of the webinar sessions up-front – to gain an overview of the book. Just realize, if you take this latter approach, that some of my comments won't make as much sense without the background of the book.

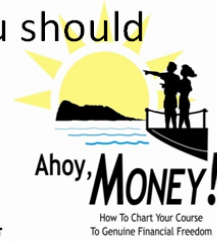
Let's take a look at Worksheet 1 – “Money- Your One Voice or a Thousand Others” found on page 12 of your Downloaded Worksheet Packet.

Webinar Session 2

Chapter 1 – Worksheet 1

“Money: Your One Voice or a Thousand Others?”

- Not what everyone else says you should believe.
 - What you’ve been “told” and “sold.”
- Not what everyone else says you should want.
 - Look at the Big Picture of your life so the detail money decisions serve the life you want to be living.



Worksheet page 12

2

Worksheet 1 – part one - asks you to step back a bit from your current life and take an honest look.

This slide reminds us of how easy it is to lose our true life in the pressure to keep everyone else happy – including all the financial product vendors out there.

I suggest on page 12 of your packet that you may encounter some resistance to this deeper look. These “other voices” don’t necessarily want you to change. Your awareness of this conflict is enough to move you into this powerful place of honoring your longings.

The “Precipitating Event”

- What brought you to purchase this book and take another look at money?
 - Waking up to the reality that you’re not getting any younger – can you even retire?
 - A financial crisis – debts out of control...
 - A windfall – inheritance or other lump sum of money – you don’t want to make a bad financial decision – again!



Worksheet page 14

3

Page 14 of your worksheet packet asks you to identify and prioritize your “financial concerns”.

This slide offers a few possible concerns or events that may have triggered your reading this book. Whatever it was, I want to honor your step of courage. I believe, from my experience, only 1 in a 100 actually act on these nagging concerns.

Even the process of externalizing these concerns by writing them down, gives you back your power over them.

I promise that your work with Ahoy Money will address your concerns and help you see a way through them into a place of genuine financial freedom.

Retirement?

- What does it mean to you?
- When, if ever, could you experience it?
 - Have you saved (are you saving) enough?
- What is feasible?
 - For retirement age.
 - For retirement spending.
 - For retirement earnings?
- Why should it define your current Life?



Worksheet page 14

4

If a “golden shore” is promised those who work hard and save religiously – it has to be “retirement”.

Notice the book doesn’t hold out these distant shores as a specific time period of your current life – but as the quality of all of your life.

This slide addresses some of our common questions about the when and hows of retirement – critical questions indeed.

But just as critical is the last question that asks why we so easily are snared by the tendency to either defer our lives until retirement

Or

Pretend as if we will always be young and able to work and live just as we do now.

Your “Passion”

No idea of what it is

No time for it

No energy for it

Common Ground
for those of us
in the “Rat Race”!



Worksheet page 15

5

Worksheet page 15 talks about the role of passion in your current life.

This slide captures how most of us feel about this “only in Hollywood” attribute! (read slide)

...a place or experience you love...



Worksheet page 15

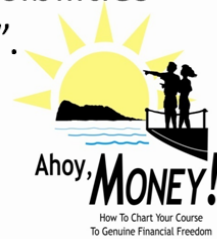
6

You might close your eyes and think of a setting that you love. Think of a simple act that brings you great joy- maybe smelling a flower, playing with your dog, laughing with your friends, cooking a meal for your family...

This section of Worksheet 1 might simply be calling you back to the simple joys that are at the center of your life, if you pause long enough to let them surface.

Your Current “Life Picture”

- “What I notice...” – without judgment or falling into guilt and shame. Nothing productive comes from this negativity.
- “I’d like to...” – focus more on possibilities rather than coming up with a “fix”.
 - What could you change internally that wouldn’t necessarily require a drastic external change?



Worksheet pages 16-17

7

Pages 16-17 of your Worksheet Packet contains a chart that lets you look at 9 parts of your life. A couple of suggestions in this slide may help get the most from this chart.

I remind my clients that looking back to past financial mistakes is useless, unless it's to learn from them. As you notice your life, resist “should have’s” or “Ought to’s”. Stick to “notice” and “I’d like”...

The slide suggests focusing on “internal” changes rather than “external” ones. It's easy to resort to a “geographical fix” – changing jobs, ending a relationship. Even though these steps may be necessary at some point, I suggest you not start there.

The highlighted comment on page 16 illustrates how this could apply to an overwork situation.

What attitude can you notice in yourself now and what attitude would you like to have?

Worksheet 1- Part 2

- When did you have to silence your true voice?
- When did you have to speak in a voice other than your own in order to 'fit in'?
- *"Those who do not understand their destiny will never understand the friends they have made nor the work they have chosen..."*

Big Picture



Detail Choices



Worksheet page 18

8

This slide relates to Part Two of Worksheet One – found on page 18 of your packet.

I suggest you read this excerpt from David Whyte's poem "All the True Vows" 3 times. Poetry may not "float your boat", but it offers your soul an opportunity to express itself by shifting out of our common "left-brain", linear thinking.

As you read the poem, cover over my comments that are highlighted – just fold a piece of paper and lay it over those lines.

How would you define "destiny"? What is the big picture of what you want your life to be? If we don't think about questions like these, how can we ever find peace with money? How can money serve us if we don't know what we really want our life to be?

“Message About Money... About Your Life”

- It’s easy to confuse our voice with all the others.
- What would happen if you stopped singing your part in the “choir” with these voices involving money?
 - Lots of pressure to keep you playing along – don’t “rock the boat.”



Worksheet pages 19-20

9


Worksheet page 20 asks you to discern some of the voices in your head about money and your life.

There may be other voices that aren’t listed here – add them in the “other voices” box or cross out ones you don’t hear and replace them with those you do.

This slide reiterates a point we’ve made before – nobody wants to ‘shut up’ and let you speak!

The questions on page 21 of your worksheets and the chart on page 22 help give these characters in your mind another job after a proper ‘thank you’.

Your “One Voice”

- Increasingly clear about destiny – what you have come into the world to be and to do.
- Conscious about money and your relationship with it  your “money message”.
- Able to speak with gratitude to all the other voices.



Worksheet page 21-23

10

This slide emphasizes the importance of waking up – of becoming conscious about why we do what we do with money.

Question 4 on page 23 refers to your “Adult Voice”. See this ‘adult’, not so much as the compulsive, over-responsible part of you – but as your compassionate and alert True Self that can accept and deal with ‘what is’ in your life – even the “what is” of money!

What does this “one voice” have to say to these other voices that so easily drown it out?

Your Presence – Your Gift



Worksheet page 23

11

Monument Valley is just a few hours from where I live in SW Colorado.

What would it be like if we could take our place in the world, like these huge spires?

To speak “the one voice you can call your own” is terrifying to our egos. It means, like these spires, that we face immediate exposure to the sun, wind, and rains of life. But that is what makes these spires so beautiful – that is what makes our lives so beautiful – taking such a risk.

Now money is becoming our ally in our longing to finally speak out loud in finally being Present to this gift of life.

Thank you for joining me for this session.

If you haven’t already, please complete Worksheet 1 and rejoin me for Webinar Session 3 after you’ve read Chapter 2 – “Respecting the Sea”

So long for now.