

Ahoy, Money! Webinar

Webinar Session 4

Chapter 3-

Sailing Your Ship

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Worksheet page 42

1

Welcome to the Ahoy Money Bonus Webinar Session # 4. In this session we'll be previewing your work with Chapter 3, Worksheet 3 – "Intuition and Information"

I'd recommend that you read Chapter 3 "Sailing Your Ship" before listening to this webinar. Doing this will allow you to move directly from this short video right into the completion of this worksheet found on pages 42-43 of your worksheet packet.

Webinar Session 4

Chapter 3

Worksheet 3 – “Intuition and Information”

- Resisting a Quick “Financial Fix”
- P-A-U-S-E
 - P - Pause before deciding.
 - A - Ask what need you are trying to meet.
 - U - Uncover what you are feeling.
 - S - Stay with that discomfort.
 - E - Elicit your inner wisdom.



Worksheet page 42-43

2

When you turn to page 42 of your worksheet packet, you'll notice that most of the content is highlighted!

Capn Micke emphasized how the Captain had to ‘feel ‘ the sea. The same intuitive connection is necessary in making money decisions that truly support our intended life.

We’ve all experienced how short-lived the feelings of well-being are with the financial fixes we’ve tried.

The example on page 42 helps to illustrate each of these 5 steps we take in our PAUSE. As you can see, facing ourselves leads to a much different destination that simply checking financial duties off our list.

Addressing the Root of our Money Suffering

- We suffer when we refuse to accept reality.
 - Most ‘financial fixes’ ask money to do what it can’t.
 - Make us safe.
 - Promise us security.
 - Give us happiness.
 - Ensure our significance.
- Sitting with life’s uncertainties is uncomfortable at 1st but results in much more happiness in the end.



Worksheet page 42-43

3

This slide reveals why our ‘financial fixes’ never really satisfy. We’re the richest nation in the world but do we feel safe and secure?

Does having more money mean you’re absolutely secure?
Do you know a wealthy person who is unhappy?
Do you feel better about yourself just because you make more money?

Also keep in mind that our egos have an insatiable appetite for wanting – and money provides an easy target.

Intuition, it is said, is strengthened by intense honesty. Accepting life’s uncertainties is being honest – asking money not to give us security and happiness is being honest about what it can’t do.

Using Both the Calculator and the Money Mirror

- 2 tools required when dealing with money.
 - A Calculator – answers the “what” of money.
 - A Mirror – addresses the “why” around money.
- Example:
 - Calculate the 10 yr. return and standard deviation of a mutual fund.
 - Reflect why you are performing the analysis? Healthy due diligence or unhealthy discontent or greed?



Worksheet page 42-43

4

Most of us equate money work with the calculator – just get the facts and “run the numbers”. It’s the “willfulness” that Chapter 3 refers to – get it done!

You have already experienced in the worksheets you’ve completed, how helpful money is in seeing your life...what you love, what you fear, what you long for most... But to gain this perspective you’ve had to practice some “willingness” to slow down and look a little deeper.

Using the calculator before the mirror can lead to financial decisions that cause more money suffering. Using both can result in genuine financial freedom.

Sailing Your Ship



Worksheet page 43

5

As you stand at the Wheel of Your Life,
What causes you to change your course?

Are you content with plotting your destination into the
computer and heading below deck for a good night's sleep?

Or

Do you realize that reaching your intended destination
requires you to feel the shifting winds on your face, the pull
of the currents against the rudder?

Intuition & Information – a powerful combination that will
serve you well.

Bon Voyage until we meet again in Session 5. If you're able,
please complete Worksheet 3 and read Chapter 4 –
"Avoiding Deadly Hazards" – before that time.