

money garden :: stories + habits

The Launch / June 13, 2022 / Jenny Girl Friday

warming up

Work Math from last Time
Intro
Reflection - on the back
Sharing



goals

You can say:

I have (or desire to have) a positive feeling about money
I feel excited to building an on-going relationship with money
I see money-tending as an important part of my job
I plan to build time in my schedule for money tending

context

Mainstream + cultural views about money
Pitfalls / Lifelines :: in life and as a self-employed person
Observe that stories and emotions affect our behaviors
Some other metaphors

taking care of a money garden

Why a garden? Groundwork
 Plants
 Tending
 Harvest

menu

Q&A
Circle the ones you're interested in
Choose 1-2 actions >> Put into Next Steps

last thoughts

How can taking care of money support my values? Self? Clients?

What is my biggest take-away from this session?

reflection on money stories

Initial Answers

Notes for later

<i>How would you define money?</i>		
<i>Where did you learn about money ... as a child, teen, adult? What did you learn?</i>		
<i>People with money tend to be...</i>		
<i>Do you think money changes people?</i>		
<i>How much do you care about money?</i>		
<i>How do you feel about money, numbers, paying taxes ...</i>		
<i>What is one of your biggest challenges or stressors with money?</i>		
<i>What's a good habit or attitude that you have? That you feel proud of or works well?</i>		

next steps

Name a shift you would like to make with money - a new attitude, reframe, knowledge to acquire, skillset to develop.

Action 1	When	Resources

Describe a new money tending habit you would like to build:

Action 1	When will it happen?	Resources