

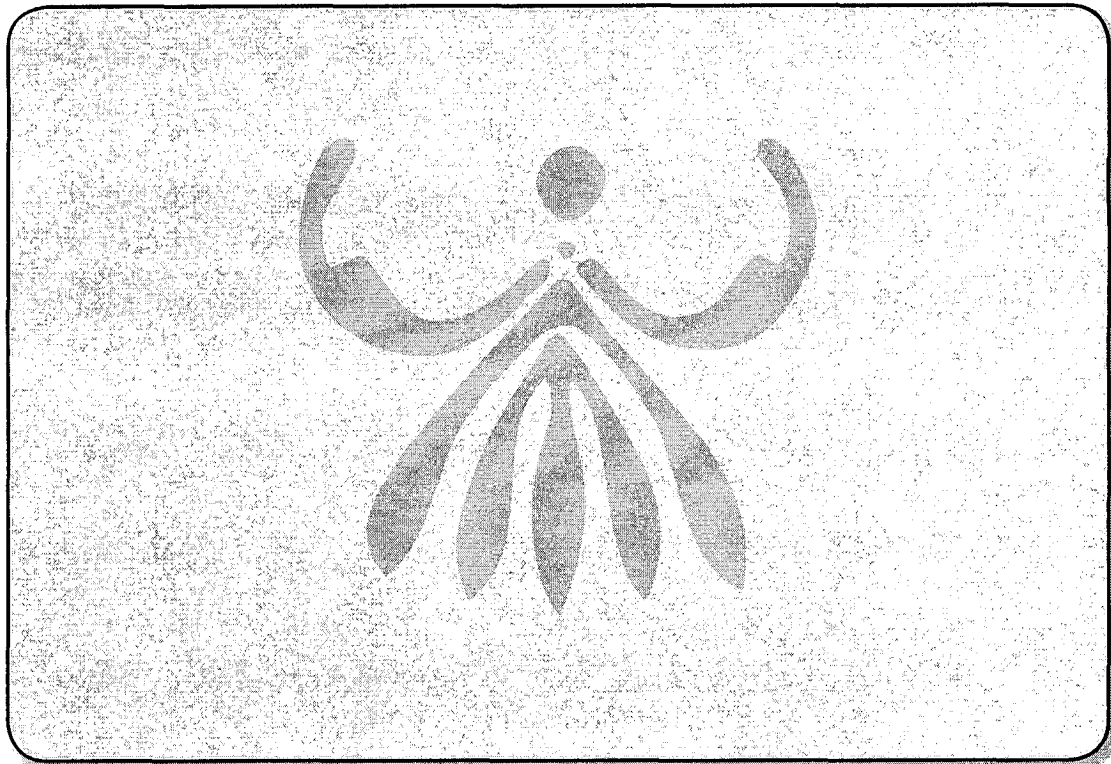
IN SEARCH OF YOUR AUTHENTIC SELF

EBM Exercise 2

As I had to teach myself to do, you must learn to direct your attention away from money and toward the priorities, values and beliefs that you listed in your Inner Wealth chart. We each have an emotional and spiritual infrastructure that guides us through life. This infrastructure is who you are—your authentic self.



Think back to when you were a child. Can you recall doing anything that seemed instinctive to you? What activities engaged you to the point of total absorption, so that time seemed to fly by? Did you build a mean sand castle or put on plays for your parents? In the space below, list, describe or draw the activities that came naturally to you.



The Emotion Behind Money Workbook

Process It You most likely have pulled up joyous memories. Give yourself a few moments to let that joy sink in.



List your gifts and talents that were apparent in the activities you loved as a child.



Which of these gifts and talents have you nurtured in your adult life? If you haven't used these gifts in your adult life, how could you use them now? If you could do anything, the thing that you can do better than anyone else, what would that be?



What or whom has blocked you from nurturing your gifts as an adult?

Reflect On It Kids are experts at expressing their Inner Wealth in their everyday actions because they haven't yet learned to doubt or judge themselves and their dreams. Children have no filter!



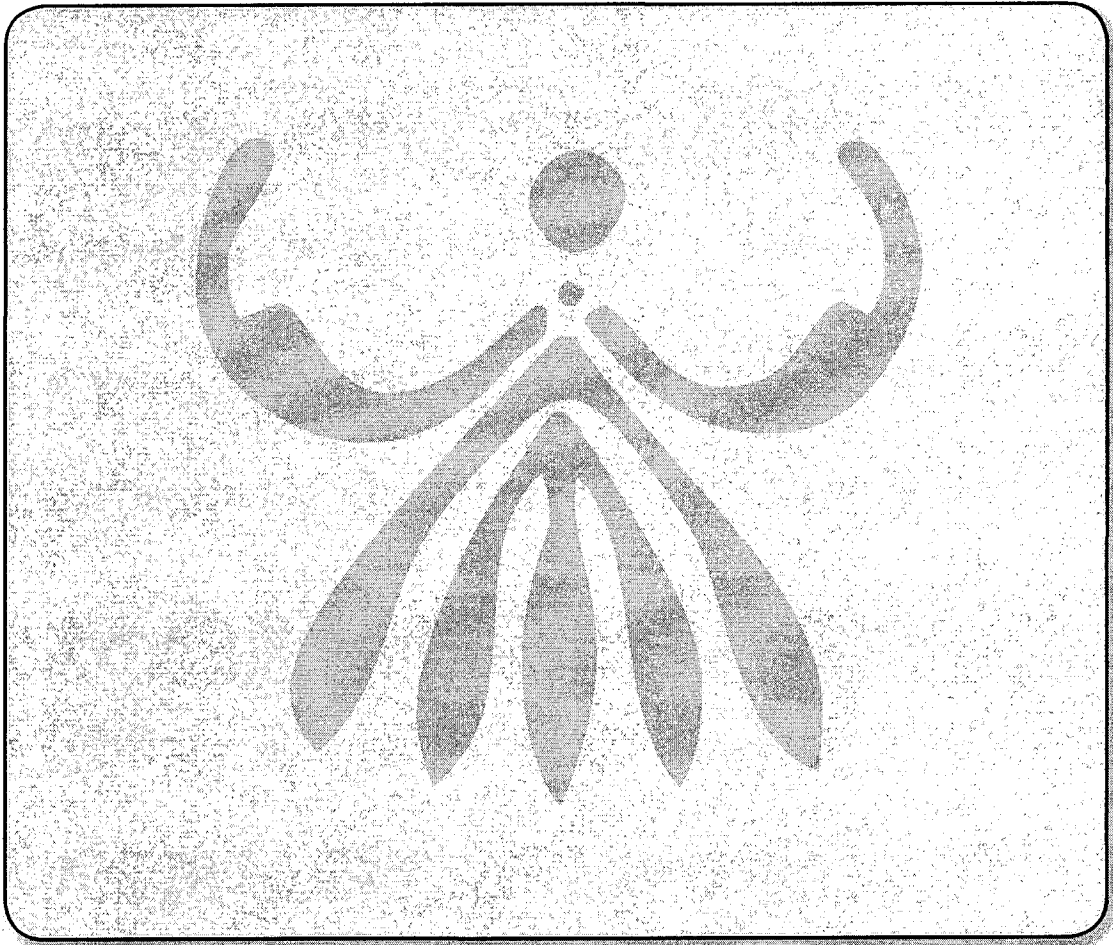
When we hear the word *childish*, we think "immature" or "juvenile," but when we hear *childlike*, we think "innocent" or "uncomplicated." In what ways might you allow yourself to be more childlike? What can you do to live more in the present moment of your life?

IN SEARCH OF YOUR AUTHENTIC SELF

(continued)



As an adult, what do you truly enjoy doing with your time? If money were no object, what would you be absolutely passionate about doing day in and day out? What are you truly great at? What is it that no one else in the universe can do better than you? What can you do naturally, with extreme ease? Maybe you're a gifted listener or make the best Irish stew from here to Halsted Street, as my grandfather used to say. Come on, don't be modest. List, describe or draw your answers in the space below.



The Emotion Behind Money Workbook

Process It Congratulations! I expect that you learned something about yourself that you hadn't really thought of before. Now take a few moments to deepen your awareness about what you've written. Sink into that place deep inside you and recognize how you feel at the very core of your being.



What percentage of your time do you spend doing the things you really love?



In the list, description or drawing on the previous page, circle the things you love to do but rarely find time for. What are the major roadblocks that keep you from doing those things?



Describe any steps you can think of that you might take toward expressing your authentic self in your daily life.

Reflect On It If you know who you are and what you want your life to be, and you express your identity and intentions through practical action, the money will follow. Many feel that this approach is counterintuitive, but trust me, this is how it works!



Set an intention about expressing your authentic self in your everyday life. Think of one simple act that will reinforce that intention, and do it! Then bask in the feeling of supreme satisfaction you will get from following up an intention with an action. I'll even give you permission to pat yourself on the back. You're on the road to aligning your life with your authentic self. Isn't this great? Hang on, here we go!