

THE LIFE NAVIGATION WHEEL

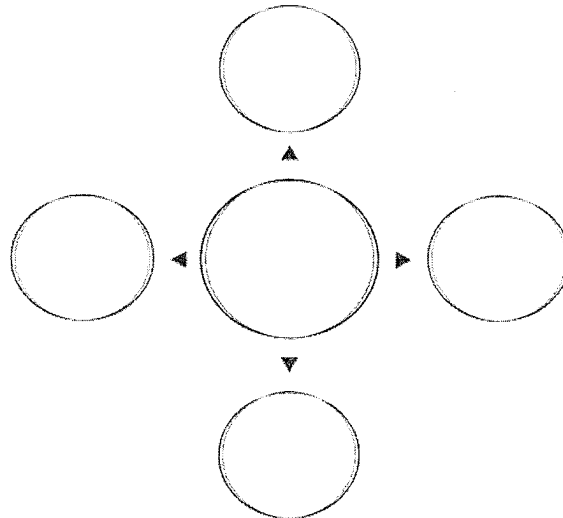
Now that you've acknowledged some of your core beliefs about money, let's explore how your finances affect the other aspects of your life by completing the Life Navigation Wheel. The wheel illustrates how we prioritize the five realms of our lives. One of these realms is at the center of your wheel. It's the motivation behind practically every decision you make. It creates a powerful force, a gravitational pull that keeps all other aspects of your life circling it in an emotional and spiritual orbit.

Fill in the blank wheel below to show the relationship between the five realms in your life. Complete the diagram so that it represents your life at the present time. Be as realistic and honest as you can.

The Five Realms

- Financial Life (money, possessions, investments)
- Personal Life (interests, hobbies, friendships, self-improvement)
- Family Life (spouse, children, parents, siblings, home life)
- Work Life (work, continuing education, professional development)
- Spiritual Life (which I refer to as Life Purpose/Inner Wealth; conscience, values, core beliefs)

LIFE NAVIGATION WHEEL



I'm astounded by the shame, guilt, sadness and regret my clients often feel when identifying what is at the center of their lives. I believe these feelings surface when deep within us there is a conflict between what we think our life's focus *should* be and what it actually is.

Process It Take a few moments here to deepen your understanding of your emotional reaction.



Which realm of life did you write in the center of your Life Navigation Wheel?



Describe how this realm affects the other realms of your life. Do you fear losing your job because you need the money to maintain a certain standard of living? Do you spend a lot of your current cash flow to pay off debt from past choices? Do you spend time working that you would rather spend with your family? Do you have a dream that you've been putting off because you're convinced you simply don't have time to make it a reality?

Reflect On It If you're like I was, or even remotely similar to the thousands of people I've counseled over the years, the center of your life is either financial or professional. American culture encourages us to place money at the center of everything. Sadly, money does not bring happiness. You never hear of a person on her deathbed saying, "I wish I had worked more and had more money."

At a pivotal point in my own development, I turned my focus away from money and let my Inner Wealth lead the way. Your Inner Wealth is the part of you that contains all of the nonphysical characteristics that make up your spiritual DNA. It's also the source of your dreams, your desires, your individuality and your life's purpose.



Imagine the specific ways in which your life would change if you placed your Life Purpose/Inner Wealth at the center of your wheel.

YOUR INNER WEALTH

The Emotion Behind Money Exercise 1

Now let's focus on the details of your Inner Wealth. The components of Inner Wealth include your priorities (what's important to you), your values and your core beliefs. List these things in the chart below, in no particular order. Remember, it's about just recognizing where you are today, removing all shame, blame and judgments. I know it's tough, but you can do it! The key here is to make sure to put down the first thing that comes to you before filtering it out. Don't wonder why and if you should put it down—just do it. It will all come together.

INNER WEALTH	
My Priorities: What's Important to Me (e.g., my spouse, kids, siblings, parents, job title, service to others, money in the bank)	
My Values (e.g., honesty, courage, loyalty, responsibility, integrity, frugality)	
My Core Beliefs (in a higher power, in hard work, in taking care of family, in financial stability, in community involvement, in freedom of expression)	

Process It Did you have a strong emotional reaction as you filled out the chart? Was your reaction different from what you expected? Acknowledge and explore your feelings by considering these questions:

The Emotion Behind Money Workbook



What emotions surfaced as you completed the Inner Wealth chart? Did you feel reluctant to fill in your answers, confused about how to answer, exhilarated by writing it all down?



Read over the answers in your chart and circle the priorities, values and beliefs that show in the way you live your life every day. Is your frugality apparent in the way you clip coupons? Is your belief in community involvement evident in the volunteer work you do? Write down as many examples as you can that show how your everyday actions match your description of your Inner Wealth.



Look at the Inner Wealth chart again and underline two items you wish you could have circled. What do you think is keeping you from acting on these aspects of your Inner Wealth? Do you lack the time you need to act on them, and if so, do you need to create space in your life to make them a reality? What in your life is not reinforcing the desires that reflect your Inner Wealth? How will you cut these things out of your life to create space? Do you fear the consequences of acting on those aspects of your Inner Wealth?

Reflect On It Is it possible that you're living a life that is not altogether consistent with your priorities, values and beliefs? If so, welcome to the human race, my friend. Recognizing this gap between thought and action is the first step in the financial healing process.

CHOOSE TO CHANGE

The Emotion Behind Money Exercise 11

Your future is your choice; you're the designer. What's it going to be? What positive financial choices would you like to make? What unhealthy financial choices and behaviors would you like to change or completely let go? Be loving toward yourself as you consider what you dislike about your current reality. Think of your dislikes as familiar items you've outgrown, like childhood toys, old furniture or clothing. Feel yourself letting them go. Close your eyes for a minute and let your mind explore the possibilities. Then set your intentions by writing each behavior as a completion of this statement: *I choose to* _____.

Here are some suggestions:

"I choose to love myself enough to make healthy financial choices."

"I choose to live within my means."

"I choose to face my current financial reality."

Or you can simply state your intent:

"I choose to save \$100 a month for six months."

"I choose to have a positive relationship with money."

"I choose to have wealth in abundance."

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Write your own intentions in the spaces provided below. Continue on the blank lines if you need to. Try to frame your choices in a positive light, in terms of what you want rather than what you don't want. (For example, "I choose to save \$100 per month" rather than "I choose to stop spending money on clothes I don't need.")

I choose to

I choose to

I choose to

I choose to

I choose to

.....

.....

Process It The possibilities are endless because they're your possibilities! You just have to invite the possibilities to become realities.



After you've made your list, look it over. Pick as many choice statements as you like and write them down on sticky notes. These are your reminders of how you choose to live, financially or otherwise. Post them in places where you'll see them every day. Have fun with it. Heck, plaster your home and office with colorful notes if you like.



Repeat these intentions to yourself throughout the day. Before you know it, those conscious choices will be transformed into new behaviors and a new reality.

TAKE YOUR PASSION AND MAKE IT HAPPEN

EBM Exercise 12

Imagine what your life would be like if you never felt anything was untouchable or out of reach. What if the power of your intentions, thoughts and words could actually become your reality? What if, when you choose to live a certain life, think of yourself living that life and talk as if it already existed, it becomes real?



What would you like to do but feel you'll never have the money to do? Don't be shy. Live it up! Give yourself permission to make a big list in the left column of the chart on the opposite page.



In the middle column of the chart, next to each item you listed in the left column, write down the specific reason you don't think you have the money for it. For example, let's say you answered that you've always wanted to rent a villa for a month in Tuscany. Perhaps the reason you don't have the money reads something like this: "I have one kid in college and one in private school. I don't make that kind of money."



Revisit each reason in the middle column of the chart, and in the right column, re-write your response with a positive thought. For example, change "I don't make that kind of money" to "I should look into payment options for next semester" or "Can my family donate time at school events to offset tuition costs?" Be creative!

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I WOULD LIKE TO	I CAN'T BECAUSE	POSITIVE RESPONSE
