

Week 2 Story Questions: Financial Education

This week, you will begin to question your stories about money. We'll start by exploring some of your earliest experiences and memories about money. Answer these questions in the space provided on this worksheet. Use your journal if you need more room, or if you touch on anything that you would like to explore in more detail.

Part 1: Your Financial Education

Who taught you how to balance a checkbook? When did you learn?

Who taught you how to manage credit card debt? When did you learn?

Who taught you how to manage your finances and budget for your expenses? When did you learn?

Who taught you how to prepare and file your taxes? When did you learn?

Who taught you how to invest and plan for your retirement? When did you learn?

Part 2: Your First Experiences of Money

How did you obtain money as a child? (Birthday gifts, allowance, job, trust fund, etc.)

What did you spend your money on as a child?

When did you get your first paycheck? How did you feel?

When did you open your first bank account?

When did you open your first checking account?

When did you get your first credit card?

When did you take out your first loan (car, student loan, etc.)

When did you purchase your first stock or begin your investment portfolio?

When did you buy your first piece of real estate?

When did you first file your own income tax?

Week 2 Book Study & Contemplation Questions

Spend a few minutes each day reading the assigned chapters for the week. When you've finished reading the chapters, take some time to contemplate these study questions. Answer the questions in your Practical Prosperity Journal. Give yourself time to journal about anything that may come up for you around the questions, the assigned chapters, or the class material.

Kingdoms of Consciousness

Anger Mastery Chapter 3

1. Think of a time in your life when you experienced your “little r” reality from First Kingdom. Describe how that felt.
2. Think of a time in your life when you experienced your “little r” reality from Second Kingdom. How did that feel? How was it different from your First Kingdom experience?
3. Think of a time in your life when you experienced your “little r” reality from Third Kingdom. How did this feel? How was it different from the way you usually experience your “little r” reality?
4. How did you feel when you read about “The Rich” in Chapter 1? What Kingdom of Consciousness were you in?
5. What Kingdom of Consciousness are you in when you watch the news, discuss politics, or think about the economy? What is the “little r” reality these stories depict?
6. Consider that while all of these things are real, none of them are true because they all come from First Kingdom/Victim Consciousness. What are your thoughts about that? Does it make sense to you? Take some time to contemplate this, and then journal about it.

The Nature of Reality (Part 1)

Anger Mastery Chapter 3

How do you know if something is real? If you know something is real because you sense it (see, hear, smell, touch, taste), how do you know what it is that you're sensing? Can you follow this back to the point where you realize that you're describing the sensations to yourself? Does it make sense to you that everything in your “little r” reality is a story? That it's all words?

Take some time to contemplate this, and then journal about it.

The Nature of Reality (Part 2)

Anger Mastery Chapter 3

1. If everything in your “little r” reality is story, who’s telling the story? Contemplate the Truth that when you change the way you tell the story, you change your experience of your “little r” reality.
2. Think of a time when your entire “little r” reality changed because you changed the words. Consider a time, for example, when you told yourself a story about your “little r” reality, and then you learned something new that changed everything about the situation. How did your reality change when the context shifted?
3. Take some time to contemplate the **Combined Map of Consciousness** (Figure 1 on page 31 of *Anger Mastery*). Consider some of the past experiences and stories from your life in the context of the Map of Consciousness. How did your experience of your “little r” reality differ at these different levels of consciousness?
4. What does integrity mean to you? How does operating in integrity feel different from operating in Victim Consciousness?
5. Can you identify areas in your life where you are out of integrity? Are you willing to move out of Victim Consciousness and step into integrity around these situations?

Busting Loose from the Money Game Chapters 3, 4, and 5

IMPORTANT: Remember that when *Busting Loose* says something is not “real” it means that thing is not *true*. Everything you experience is *real*. What matters is whether or not it’s *true*.

1. The Human Game is a virtual reality theme park that your Expanded Self has created for your amusement. What are your thoughts on this? Does it make sense to you? Can you recognize the truth of it? Does it feel at all real to you?
2. Consider your thoughts about your life from the human/personal perspective. Now consider how you might view your life if you were watching it as a movie. Does the change in perspective change your feelings about your life? How?
3. When you consider your “little r” reality from the perspective of quantum physics, does it make more sense to you how thoughts create reality (even if you don’t actually understand the science behind it)? Do you have an easier time understanding the scientific perspective or the spiritual/philosophical perspective?
4. Does it make sense to you that your “little r” reality is, quite literally, a virtual reality experience? How does the idea that your experiences are all holograms sit with you?

5. Given that your “little r” reality is in fact a “Holodeck” experience—a ride in a vast virtual reality amusement park—can you begin to appreciate that absolutely anything is possible? Can you accept that anything that you can imagine can “pop” into your hologram and become completely real?

The Thought World and the Thought Universe

The Science of Getting Rich Chapter 4

1. “To think according to appearance is easy; to think truth regardless of appearance is laborious, and requires the expenditure of more power than any other work man is called upon to perform.” In other words, thinking truth despite the evidence of reality is the hardest work there is. Do you agree? Discuss.
2. Thoughts are the result of feelings, which are the result of your level of consciousness. The higher the vibration of consciousness, the greater the level of truth. Consider how much easier it is to think positive, generous, supportive, truthful thoughts when you’re in a place of love and joy than when you’re in a place of anger and fear. What are your experiences of this?

Universal Good

The Science of Getting Rich Chapter 5

1. Consider that while the Universe is designed to give you everything you desire and to support you lavishly, that the only way this works is if your desires align with Universal Good. “Intelligent Substance will make things for you, but it will not take things away from some one else and give them to you.” Discuss.
2. To activate the Science of Getting Rich (and the Law of Attraction), you must let go of all thought of competition. Do you believe that it’s possible to have everything that you desire without competing for it, or taking anything away from anyone else? Why or why not?

DAILY SPIRITUAL PRACTICES WEEK 2

Spiritual Reading/Journaling

The List

Grounding Meditation

Present Moment Awareness Safety Meditation

