

True Prosperity

Your 7-Week Journey to Financial Empowerment
with Bestselling Author Lynne Twist
& Renowned Wealth Coach Tammy White

Module One

Step One: Break Free from Your “Scarcity Blocks” to Wealth Practices and Reflection Questions

Purpose of this Session:

To examine the cultural condition around money, our own unexamined assumptions, and the unexamined assumptions of the culture; to examine our own personal history and blind spots with money; and to begin the process of transformation and healing.

Module One Summary:

- The history and evolution of money, debt, and savings, and how that context affects us today
- How that culture of money causes suffering
- The lies behind how we assign money its power and meaning
- The three toxic myths that keep us in the mindset of scarcity

In-Session Self-Reflection & Self-Direction:

Give yourself 60 seconds to reflect on what has been discussed so far. Reflect on your own life.

- *Where have you been caught in these lies?*
- *It's not enough, more is better, and that's just the way it is.*
- *How have you been hooked by these lies? What are you learning? What are your intentions for the future as a result?*

In-Session Self-Reflection & Self-Direction:

Give yourself 60 seconds to reflect on what we’ve covered around the tyranny of debt and forgiveness.

- *What are you learning? What new insights are you aware of?*
- *What are your intentions for the future, given what you have learned so far?*
- *What new actions are you going to take?*

Practice: Stop Using Your Credit Cards to Disengage the Debt System

As we’ve discussed, the debt system that has become normalized is causing great suffering.

What if you were to take the radical stance of disengaging from that very system, as a way of bringing more intentionality to your spending, and beginning to free yourself from the burdens of debt?

This Practice will create a profound shift in the way you approach your spending. It will increase your awareness, and ultimately decrease your spending.

For the Duration of this Program:

1. Take your credit cards out of your wallet, and put them somewhere where you won’t use them.
2. Make a commitment to maintain this Practice. Write it down in your journal.

At the end of each day, give yourself 5 minutes to reflect and journal on the following:

- *Where might I have used my credit card today, but didn’t?*
- *Did I do anything differently, as a result of not having the option to use my credit card?*

At the end of the week, give yourself 5-10 minutes to reflect back through the week, and journal on the following questions:

- *What am discovering about my own spending habits, as a result of not using my credit card?*

Practice: The Practice of Noticing

The purpose of this Practice is become aware of your own conversations around money, and how the Toxic Myths are operating within you.

The Three Toxic Myths are:

- There's not enough
- More is better
- And that's just the way it is

Daily Practice: As you engage with internal or external conversations about money, become aware of how you speak and listen about money.

Any time you are talking or thinking about money, pause to become aware of the words and phrases you are using.

Simply take note in the moment, and then come back for reflection later in the day.

At the end of each day, give yourself 5 minutes to reflect and journal on the following:

- *How did I notice any of the Three Toxic Myths show up in my own words today, whether inside my own head or out loud to others?*

At the end of the week, give yourself 5-10 minutes to reflect back through the week, and journal on the following questions:

- *What themes do I see in my internal and external conversations around money?*
- *What do I tend to say?*
- *Which myth(s) are operating most prevalently in me?*

Practice: Make a Plan to Become Debt Free

If you've discovered that you're committed to being debt free, make a plan to eliminate all of your debt and get into action.

It's ok if it will take many years, the point is to make it clear so that you can begin to carry it out.

Practice: Forgiveness Process

Set aside 20 minutes in the coming week to do the Forgiveness Process again.

1. After you've completed, see if there are any people you need to communicate with to let them know you're forgiving them, or ask them for their forgiveness. Make a commitment to do that this week. Ideally, do it now right in the moment as the sense of forgiveness is fresh and alive in you.
2. And/or if your forgiveness needs to be focused on yourself, take the time and energy to do that. Write a forgiveness letter to yourself. Then burn it and let it go.

Information About Your Instructors



Lynne Twist first came to public prominence as the chief fundraiser for The Hunger Project, where she raised over 200 million dollars in the course of her tenure. She also co-founded The Pachamama Alliance, a nonprofit organization on a mission to empower the indigenous people of the Amazon rainforest to preserve their lands and culture. For more than 40 years now, she has been a recognized global visionary committed to alleviating poverty and hunger and supporting social justice and environmental sustainability. Her bestselling, award-winning book *The Soul of Money: Transforming Your Relationship with Money and Life* has been translated into eight languages, and she has been featured on NPR, PBS, The Huffington Post, Mehmet Oz Radio, Oprah and Friends Radio, and in The Chicago Tribune and The San Francisco Chronicle.



Tammy White has been a leader and business owner in the mortgage industry for over 20 years, building one of the most successful real estate brokerage firms in San Francisco. She currently serves as a strategic advisor to Lynne’s The Soul of Money Institute, and is a board member with The Pachamama Alliance. She is also a facilitator for The Alternatives to Violence Project in the California state prison system.