

# True Prosperity

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

## Warm-Up Session- Practices and Reflection Questions

### Warm Up Session Summary:

- Purpose & Intended Results of this Program
- Overview of What this Program will include
- Guidelines for Participation
- Practice: Noticing Your Existing Being and Doing Practices Around Money
- Definitions of Prosperity: Inner and Outer
- Overview of the Cultural Condition of Scarcity

**Purpose of this Program:** To have you engage in a powerful context and a body of content that will empower you to have a complete transformation in your relationship with money and life.

**Intended Results of this Program:** To have revealed your unconscious, unexamined assumptions about money and liberated yourselves from the grip of the money culture.

1. To have you dwell of the context of sufficiency, gratitude, and celebration.
2. To have a deep understanding and clarity of financial literacy.
3. To have received tools and developed practices and habits that will anchor and sustain your transformation.
4. To have experienced peace and freedom in your relationship with money.

### Overview of What This Program Includes:

- Seven Audio Sessions
- Two Bonus Video Training Sessions
- Seven Q&A Sessions
- Transcripts of Each Call
- Weekly Exercises to Anchor Your Learning
- Private Facebook Community to Support Your Development

**Your Participation:** In order to have the change, transformation, and rewarding relationship with money you're looking for, please engage with wholehearted participation.

**Here are Our Recommendations for Full Participation:**

- Listen: with total engagement of curiosity, wonder and inquiry.
- Discovery & Intention: Listen, tell yourself what you've discovered and what you intend to do about it – in writing.
- Practice: We are what we practice. Changing our behaviors and habits requires practice – it requires doing it over and over again. Choose your practices consciously in order to change the results you are getting.
- Commit and Re-commit: Clarify your commitments, and if you break the commitment, forgive yourself and re-commit to that practice and begin again.

**In-Session Self-Reflection & Self-Direction:**

Give yourself 60 seconds to reflect on what has been discussed so far:

*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?*

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**What is Prosperity?**

True prosperity includes both the internal; the well of being, and external, which includes financial, social, and pragmatic capital.

**The Cultural Condition of Scarcity:**

This is the water we are all swimming in, that creates the feeling of lack in all of us. In this Course we will learn to distinguish it, so that you can keep yourself from becoming a part of it, in order to have a clean, healthy, and powerful relationship with money.



**Practice: Create Your Being, Doing, and Having Goals for this Program**

*Who do you want to be by the end of this program? And what are you actually going to do to get there?* The intention of this exercise is to create your goals and intentions for this Seven Session Program.

Please give yourself 20-30 minutes where you won't be interrupted so that you can deeply reflect and write down your honest answers.

**Being:**

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**Doing:**

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**Having:**

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## Practice: The Practice of Noticing

This Practice will help you to discover how you are currently relating to money and wealth. In order to change something, you have to be able to see it – so this Practice of noticing will allow you to uncover how you are being and doing in relationship to money, so that you can then make a conscious change in any areas that aren't aligned with your intentions and commitments.

**Daily Practice:** Please do the following at least one time per day, each day for the next week when you think about or engage with money or wealth. (Including income, debt, bills, purchases, conversations, relationships, etc.)

1. Pause for a moment
2. As you pause, become aware of your own thoughts, feelings, beliefs, assessments, and behaviors about money and wealth.

You don't need to change anything (yet!), the entire purpose of this Practice is simply to notice yourself as you are, to learn about yourself.

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

- What internal and external conversations around prosperity did I notice today?
- What prosperity related actions did I take today?

At the end of the week, give yourself 10-15 minutes to reflect back through the week, and journal on the following questions:

1. What themes do I notice about how I am being in relationship to money? (For example, fearful, confident, stingy, generous, embarrassed, or proud).

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2. What themes do I notice about what I am doing in relationship to money? (For example, am I spending more or less than than I make? Am I saving? Am I creating or reducing debt?)

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3. Finally, as you consider your current being and doing practices, which are aligned with my commitments? And which are not aligned?

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We strongly encourage you to share your Reflections out loud with someone in your life or in the Online Facebook Community.

**Additional Action Items for the Next Week:**

1. Begin Reading *The Soul of Money*
2. Choose Your Level of Participation in this Program

## 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.