

Money EQ

with Ken Honda

Quest Workbook

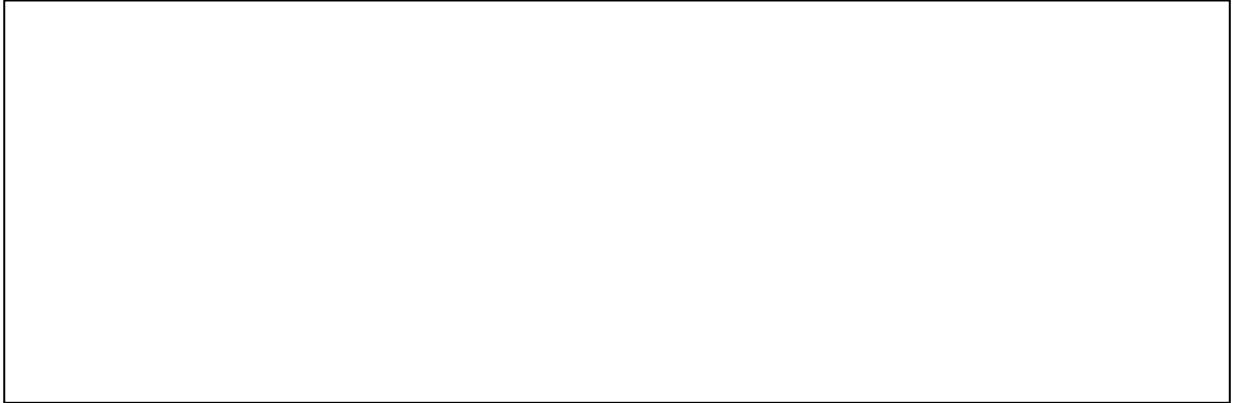
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Week 1

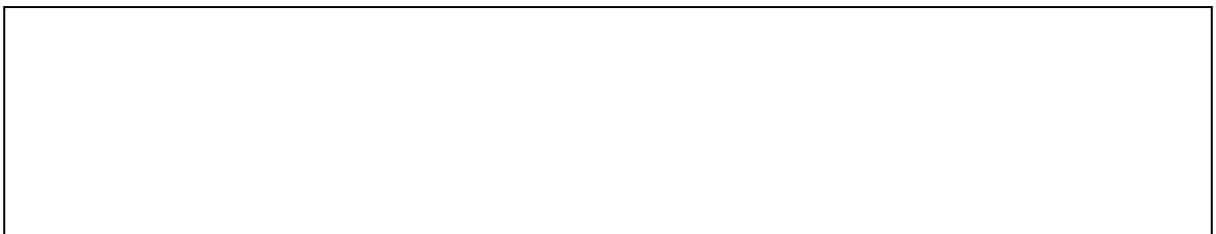
Day 1

Reflect on today's brain training exercise on setting up new possibilities with money in your life. What new insights did you have? What did you learn about yourself?



Day 2

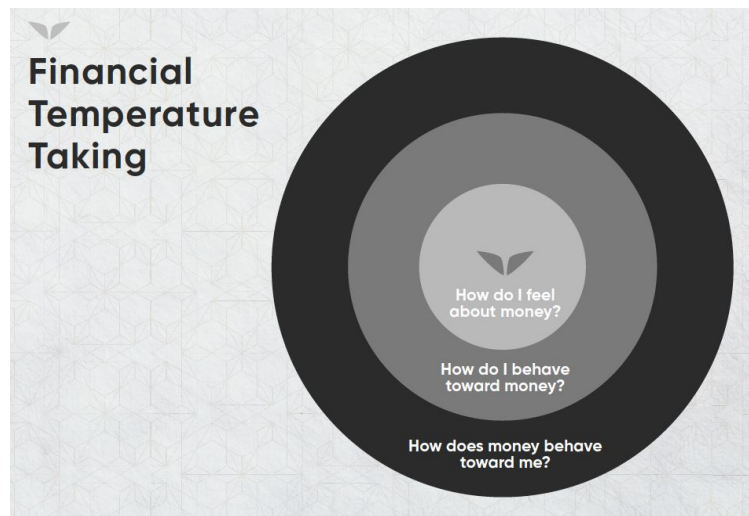
Notice your emotions as you spend money today. Reflect on the experience.



Listen to what your money is telling you. Have an open dialogue. What does it say?



Optional: Temperature-Taking Exercise



Rate yourself on a scale from 1 to 5 on how true each statement is to you.

1 - least true; 5 - most true

How do I feel about money?

1. _____ I feel happy when I think of money.
2. _____ I rarely experience stress around money.
3. _____ I am generally content with my life.
4. _____ I have a feeling that I have more than enough.
5. _____ I trust that life is taking care of me.

How do I behave towards money?

1. _____ I pay attention to the money that is moving through my life.
2. _____ I appreciate the money that moves in and out of my life.
3. _____ I give money to others to make their lives better.
4. _____ I spend money on things that are truly important to me.
5. _____ I do work that I love.

How does money behave towards me?

1. _____ I earn a comfortable living.
2. _____ Any debt that I have is manageable.
3. _____ I feel comfortable with the amount of money I have in savings.
4. _____ I feel comfortable with the money I will receive during retirement.
5. _____ I feel comfortable with the amount of money that I have invested.
6. _____ I have enough money to do the things that are most important to me.

You may choose to go back through these questions and, for any that you were not happy with how you rated yourself, describe what different experience you would prefer.

Day 3

Your Wealth Map

Imagine your life 20 years from now in these categories:

Family

Friends and Community

Health

Spirituality and Personal Growth

--

Work

--

Impact in the World

--

Finances

--

What Money Can't Give You

SECURITY

No matter how much money you have, the world will continue to be uncertain.
Money can create peace of mind, but it can not create safety.

POWER

People often confuse money with power. Money by itself is not a source of power. True power lies in our relationships and our capacity to create new realities together.

SIGNIFICANCE

Money does not prove your worth. Your worth is an inside job. You must decide that you are worthy and significant. No one else will ever be able to convince you.

FREEDOM

While money can make life more comfortable, it is not a source of freedom. True freedom comes from within. It is the capacity to trust life and to move with it freely.

LOVE

True love can't be bought or sold. It is a gift freely given as we see and accept another exactly as they are.

Day 4

Reflect on your experience upon learning more about your money type. What did you learn about yourself? What did you learn about others?

The Money Types

Control Type

The Saver

- My favorite thing to do with money is to save it.
- Having a lot of money in the bank makes me feel safe and secure.
- I consider myself an expert on bargain shopping.
- If I got an unexpected windfall, I would probably put it in the bank.

Strength: ability to create a sense of security.

Weakness: tendency to hide from life, pull back, and not connect in an effort to conserve energy.

The Spender

- My favorite thing to do with money is to spend it.
- I love giving gifts for no reason.
- My motto is "you only live once."
- When I spend money, I feel more in control of it.
- If I got an unexpected windfall, I would probably spend it.

Strength: comfort with allowing life and energy to flow, basic trust of life.

Weakness: tendency to exhaust themselves and their energy, out of balance, unable to stop.

The Moneymaker

- Earning money makes me feel great.
- The majority of my energy is spent on improving my ability to make money.
- I often choose to work rather than spend time with friends and family.
- I can never earn too much money.

Strength: ability to create and innovate, make things happen, willpower and determination.

Weakness: tendency to forget about all else besides money, out of balance, lose sight of health, relationships, and spirituality.

Indifferent Type

Indifferent

- I rarely think about money.
- I would be happy to leave all the money stuff to my partner or accountant.
- If I saw money on the street, I would probably leave it for someone else who can really use it.
- Money isn't really a source of stress or concern in my life.

Strength: Trust in life - seemingly innate knowing that life will work out, focus on purpose.

Weakness: With no one to support them, their lack of attention to finances can cause difficulties in their life.

Fear Type

The Hippie/ Monk

- I believe that money is basically bad.
- I wish the world would focus far less on money and more on things that are more important.
- If I found money on the street, I would likely give it to charity or at least spend it on necessities.
- I would like to live my life affected by money as little as possible.

Strength: capacity to focus on a larger purpose, able to see the needs of others.

Weakness: Disconnection from life/ money/ energy often means they don't have the resources to support what they want to create for themselves.

Saver - Splurger

- I will often save up for a long time and then spend it all.
- I will swing between saving a lot and spending a lot.
- I often find that the purchases I've made weren't really good decisions.

Strength: Able to vary their behavior, flexibility.

Weakness: If they spend unconsciously, often feel guilty or ashamed of where their money went.

The Gambler

- I live for excitement and thrills.
- I will often take big risks with money for the big rewards that might come.
- I find it really boring when people live regimented lives.

Strength: Able to take healthy risks, create new possibilities.

Weakness: When they are risking compulsively, can lose all their resources - do anything for the thrill of "the hunt".

The Worrier

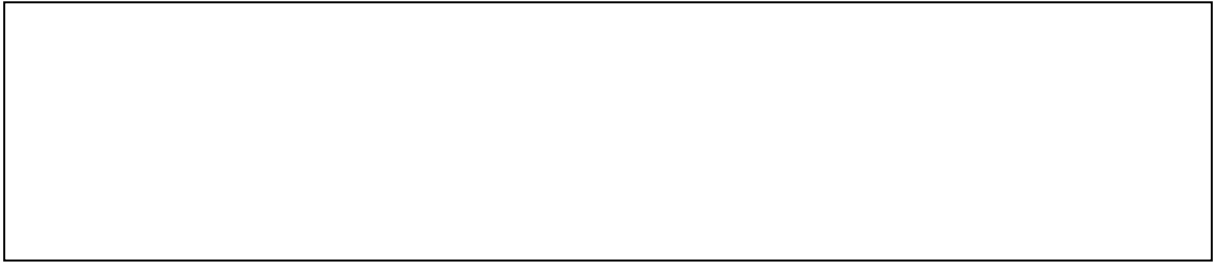
- I am always worried about money no matter how much I have.
- I tend to believe that trouble is coming in the future. I want to always be prepared for the worst.
- I find myself to be fearful a lot of the time.
- I wish I was more confident with my money and my life.

Strength: Able to see the problems that people may have before they happen.

Weaknesses: Can see everything as a problem and become paralyzed. Fear taking any action.

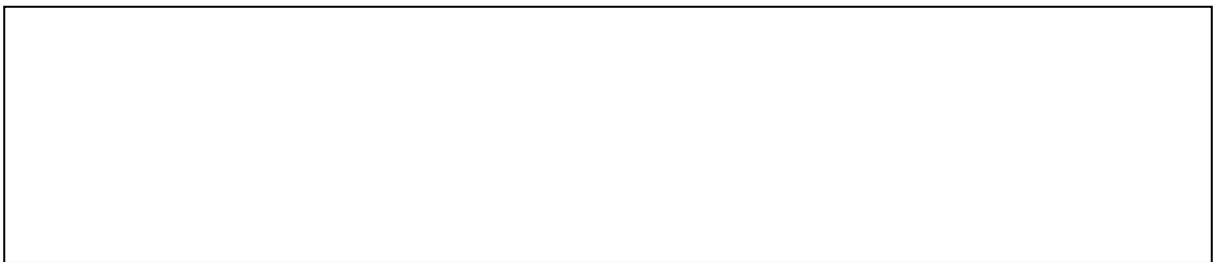
Day 5

Reflect on your experience with today's brain training exercise.

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Day 6

Reflect on your experience with today's brain training exercise.

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Day 7

Reflect on today's integration practice with the Arigato In, Arigato Out Technique.

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Week 2

Day 8

Wounds are the experiences, events, beliefs, and relationships that create a way of relating to life that limits our ability to live fully. Money wounds can be very personal and the same circumstance will not affect everyone the same. Please be sure to work with a licensed professional of your choosing if you experience significant trauma.

Money Wounds Assessment

Answer the following questions as honestly as possible. This assessment is just for you. There is no better or worse score. Its only purpose is to help you identify where you might want to work first.

Answer Yes or No for each question.

Core Wounds

Imagine yourself when you were very young, sometime before you were 3 years old. You can simply feel into the part of you that still feels that age. And ask these three questions.

1. Did I feel safe? [y/n]
2. Did I feel loved? [y/n]
3. Did I feel significant or important? [y/n]

Past Traumas

Simply notice if there are any of these events in your past. You'll want to see if there is still an emotional charge associated with them.

1. I experienced the death of one or both of my parents when I was a child. [y/n]
2. I experienced the death of a sibling when I was a child. [y/n]
3. My parents were separated or divorced when I was a child. [y/n]
4. I was divorced. [y/n]
5. I experienced the death of a spouse or partner. [y/n]

6. I experienced the death of one of my children. [y/n]
7. Someone in my immediate family (or myself) was imprisoned. [y/n]
8. I experienced a personal injury or illness. [y/n]
9. I was fired from a job. [y/n]
10. I experienced a significant change in financial status like a bankruptcy. [y/n]
11. I experienced the death of a close friend. [y/n]
12. Someone in my immediate family (or myself) went to war. [y/n]
13. I experienced a sexual assault. [y/n]

Past Repeated Traumas

These repeated traumatic events are often missed because they happened so often or over time. The person can come to think this is just normal. Notice if there is a significant emotional charge for you in any of these areas.

1. I experienced repeated bullying at school or at home. [y/n]
2. I am a member of a group of people (racial minority, LGBT person, immigrant) that has experienced persecution. [y/n]
3. I experienced child abuse - verbal, emotional, physical, sexual, or chronic neglect. [y/n]
4. I experienced domestic violence. [y/n]

Family Traumas

You may or may not know about family traumas going back a generation or more. They are often not spoken of. If there have been significant family traumas that are affecting you, you will often see a pattern of behavior occurring throughout several generations. Answer these questions as best you can, paying attention to your parents' generation and before rather than your personal experience.

1. My family experienced extreme poverty. [y/n]
2. My family experienced a sudden or violent death of a family member. [y/n]
3. My family was the victim of a crime. [y/n]
4. One of my parents or grandparents fought in a war. [y/n]
5. My family was forced to move to a new country. [y/n]

When you have completed the assessment, go back through and look for the areas that have the most emotional charge for you. These will be where you will want to pay particular attention in healing your money wounds.

Types of Wounds

Core Wounds

These are the patterns of relating to life that usually get established very early (before 3 years old). These patterns are how we will primarily relate to the world.

In their simplest form, they usually relate to three core questions:
Am I safe? Am I loved? Am I significant?

Past Traumas

Traumatic events can be one-time events (i.e. car crash, assault or death of a loved one) that interrupt our understanding of life. We may have felt safe before, but after the event, we are no longer sure we are safe. We may look for danger around every corner.

There is also a second type of traumatic event that reinforces our core wounding. For example, being bullied in school may reinforce our belief that the world is unsafe. We can often mistake these as core wounds or even miscalling them traumas because they happened over time.

Family Trauma

It is not uncommon to carry the visible and hidden wounds of our families. If these are hidden, we may have no idea what the originating trauma was but we still feel the effects. For example, if your grandparents or even great-grandparents lived through the Great Depression or war, their beliefs can carry forward in a family. These can also be personal events like the loss of a child, bankruptcy, or displacement from a home country.

Family Beliefs

The beliefs that our families hold can influence the way we think and behave towards money. For example, if you grew up watching your parents clip coupons and bargain shop, you may believe that money is scarce or that the best thing you can get is the cheapest. If you watched your parents spend wildly, you may believe that money needs to be spent as quickly as possible. Often, you may

choose the opposite direction of your parents, but this can often create an equally distorted experience that simply inverts your parents' unhealthy beliefs about money.

Socialization

Our peer group influences the way we think and behave. If everyone in our peer group saves money, we probably will too. If everyone believes money is bad, we will probably do the same. While these shared belief systems among our peers are not likely to be seen as traumatic, they do limit our freedom to believe outside the box, to try new things, and to explore a different path.

Culture

Our larger culture - what shows up on TV, on the radio, in magazines, online - tells a story of how the world works and what money means. If all the shows on TV portray wealthy people as corrupt, you will likely take on that belief. If all of your media interactions tell you the world is a place that you should fear, you will likely take on that belief. Our beliefs inherited from our culture can limit our capacity to believe in new ways and to choose our experience.

Day 9

Reflect on your experience with today's brain training exercise.

Day 10

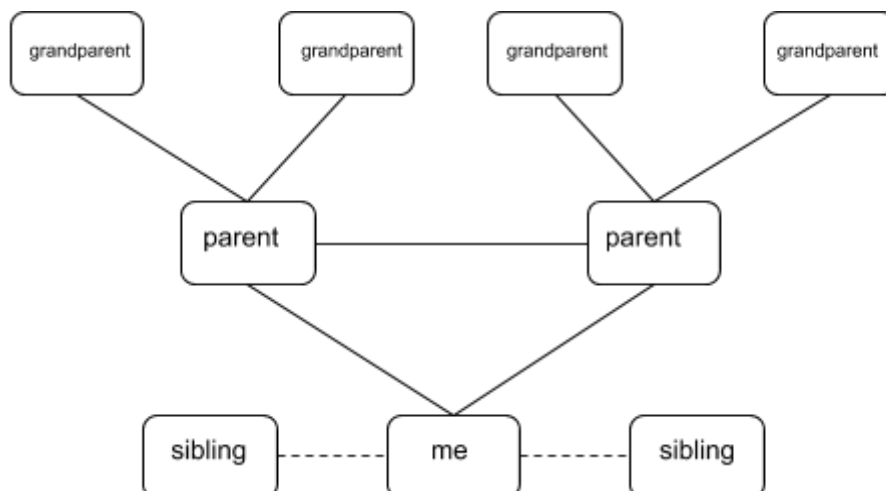
Reflect on your experience with today's brain training exercise.

Optional: Create a Family Money Tree

See the example below and create your own family money tree on a blank piece of paper. You may want to add different lines or structures to suit the diversity of your specific family.

Or, visit <https://www.smartdraw.com/family-tree/family-tree-template.htm> to create a digital family tree online.

Use this map to notice the patterns that move throughout your family. What are the possible money types of each person? Feel free to have conversations with your parents or grandparents to fill in any blanks you have.



Day 11

Seeing the Gift Exercise

1. Remember what happened in the situation.
2. Go back to the scene and feel yourself there again.
3. Then, look at the scene from above as an observer.
4. Consider which gifts came from that situation that you may not have seen before.

Reflect on your experience with the exercise.



Reflect on your experience with today's brain training exercise.



Day 12

Check Your Beliefs

While your family beliefs are often really useful and help you navigate your world, when they are unconscious, they can limit the choices that we make in our lives. Feel free to answer these questions for each family member, paying particular attention to how deeply you resonate with the belief and if a belief shows up in multiple places.

1. Most of my family believe that money (or the people who have it) is bad. [y/n]

2. Most of my family struggle frequently with money. [y/n]
3. Most of my family believe that money makes you less spiritual. [y/n]
4. Most of my family believe they are victims - that there is little they can do to change their circumstances of life. [y/n]
5. Most of my family wouldn't like it if I had more money. [y/n]
6. If I had more money, most of my family would believe I was supposed to give it to them. [y/n]

Social Group

Here you are looking specifically at the beliefs and habits of your friends.

1. Most of my friends believe that money (or the people who have it) is bad. [y/n]
2. Most of my friends struggle frequently with money. [y/n]
3. Most of my friends believe that money makes you less spiritual. [y/n]
4. Most of my friends believe they are victims - that there is little they can do to change their circumstances of life. [y/n]
5. Most of my friends wouldn't like it if I had more money. [y/n]
6. If I had more money, most of my friends would believe I was supposed to give it to them. [y/n]

Culture

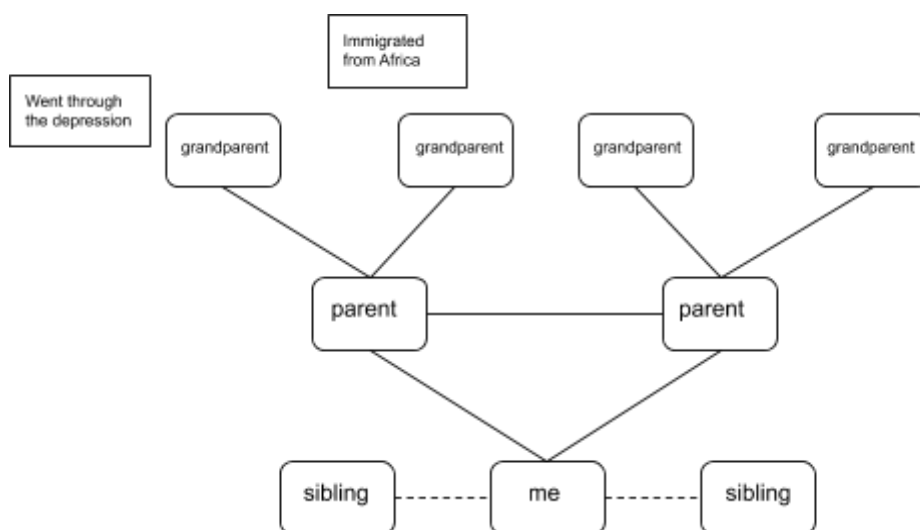
This set of questions asks you to think about your culture and the beliefs that it primarily promotes. Many of us spend time in multiple cultures - perhaps our family is from a country other than the one we are living in - and we may be influenced by both. You may also spend significant time in a micro-culture (like a church or synagogue) which may have different beliefs than the culture at large. Please consider them separately.

1. In my world, people who are wealthy are bad people or money corrupts them. [y/n]
2. In my world, people with money can't be trusted or can't trust those around them. [y/n]
3. In my world, people who are wealthy have to sacrifice their health, family, friendships, or spirituality to acquire or maintain their wealth. [y/n]
4. In my world, people who are wealthy have no true friends. [y/n]
5. In my world, people who are wealthy use other people to get what they want or they are used by them. [y/n]

Reflect on your experience with today's brain training exercise.

Optional: Extended Family Money Tree

Add on to your family money tree by considering what belief systems were at play culturally or passed down within generations. Write down what influential events, stories, or cultural narratives could create those belief systems.



Day 13

Reflect on your experience with today's brain training exercise.

Day 14

Appreciation Practice

1. Write down 5 names of people you can appreciate.
2. Pick 1 person out of this list.
3. Pick 1 thing that they gave you to appreciate. Write a letter in appreciation.
4. Read it out loud. You may want to send it to them.
5. If you want, take a picture and share your letter with the Tribe.

Week 3

Day 15

Container Size Assessment

Ask yourself the following questions on a scale of 1 to 10 (1 being the least true and 10 being the most true).

This assessment is just for you. Please be as honest as possible. When you are done, notice the areas where you have the most room for improvement and note what you can do to support a change. (There are exercises for each of these in the Money EQ Program.)

1. ____ I actively appreciate the flow of money in and out of my life.
2. ____ I have released as much of my past anger and resentments directed towards other people as possible.
3. ____ I have released as much of my own shame, guilt, and resentment over my past mistakes as I am able.
4. ____ I have healed any remaining money wounds as much as I am able.
5. ____ I have chosen beliefs that support healthy ways to be wealthy and abundant.
6. ____ I have chosen behaviors from the other money types that support me in having wealth and abundance.
7. ____ I am able to imagine myself wealthy and abundant, and feel really good.
8. ____ I am very comfortable both giving and receiving from others my time, energy, and money.
9. ____ I am clear about my purpose for having more happy money in my life.
10. ____ I am actively expanding my brain's capacity to have wealth and abundance.
11. ____ I have a strong community of people who share positive beliefs about money, wealth, and abundance.
12. ____ I am clear about my gifts and am sharing them openly.

Day 16

Reflect on your experience with today's brain training exercise.

Day 17

Reflect on today's advanced appreciation exercise. How did you feel pre-celebrating throughout your day?

Day 18

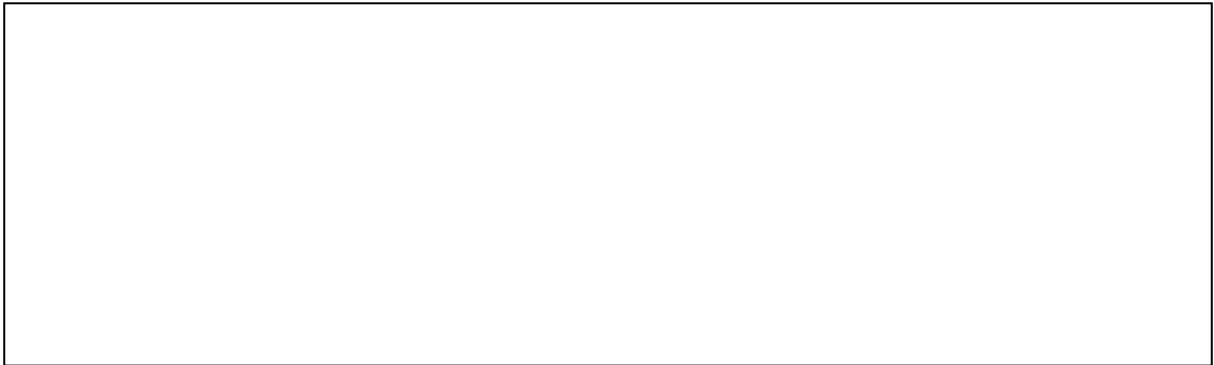
Your Unique Gifts Exercise

Go through this list of questions and reflect on where you stand on each of these qualities. Don't overthink it. Feel into it each intuitively. Notice if people have given you compliments on any of these questions before. Take note of them. At the end, reflect on any patterns or insights that may have surfaced. Share your discoveries with the Tribe.

- Are you charming and often liked by people?
- Are you good at giving a good impression?
- Do you like thinking about new things?
- Do you like beautiful things?
- Are you good at calculating money?
- Are you encouraging those who are depressed?
- Do you like to be at the center of conversations?
- Are you particularly sensitive?
- Do you value logic over emotion?
- Do you support others when you notice a need?
- Do you think about people in other countries and regions?
- Are you often asked to weddings and parties?
- Do you like to be in charge?
- Do you like playing tricks on others?
- When you see a person in need, do you speak without hesitation?
- Are you interested in how the natural world works?
- Do you want to have more space to immerse yourself?
- Is it fun for you to follow your passions and realize your ideals?
- Do you like to express your own worldview?
- Are you a perfectionist?
- Do you prefer supporting roles over leading roles?
- Do you enjoy overcoming obstacles?
- Do you have good common sense?
- Are your likes and dislikes very clear?

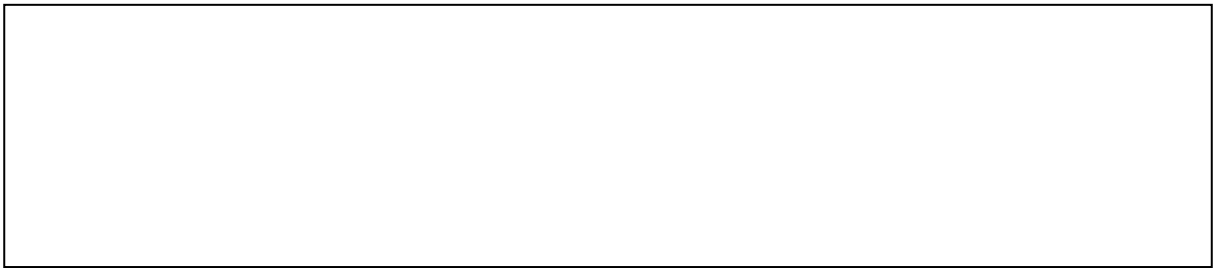
Do you like money?
Does the world feel sad to you?
Are you considered delicate and sensitive by others?
In a previous life, do you think you were a king or a queen?
Do you think you are capable of miraculous feats?
Do you like science experiments?
Do you want to work with many people and influence society?
Are you happy when others are pleased?
Do you feel like you are not able to help others in need?
Do you hate working under someone else?
Are you skilled?
Do you tend to judge others?
Do you like to study?
Are you weepy?
Does making more friends make you happy?
Do you like to be encouraging to others?
Do you like to observe your fellow humans?
Do you like to look at trendy things?
Do you like to think and talk about your visions?
Does it make you upset when others fight?
Do you find it hard to stop helping others in need?
Do you prefer to master one thing?
Do you find joy in connecting with others?
Do people say you're a good teacher?
Is it difficult for you to separate yourself from others who are in pain?
Do you like to think logically?
Do you like to do your best for others?
Do you tend to look at things in reference to profit?
Are you good at finding other people's strengths?
Do people often ask you to be a matchmaker?
Do you like to speak publicly?
Do you like to think about how you can please others?
Do others consider you to be filled with hate?
Do you feel deep joy in continued learning?
Do you value your own sensitivity more than the other people's opinions of you?
Do you want to give hope to the future?
Do you love to entertain others?
Do you think you explain things well to others?
Do others consider you to be stubborn?
Do you want to have an impact on the world?
Are you said to be a good listener?
Do you want to make your own flow rather than riding the flow of the world?
Do you tend to attract powerful and dignified people towards you?
Do you like thinking about the rules?
Do you like looking down on things?
Do you like martial arts?

Do you like watching discussion programs?
Do you feel happy when you are helping others?



Day 19

Reflect on your experience with today's brain training exercise.



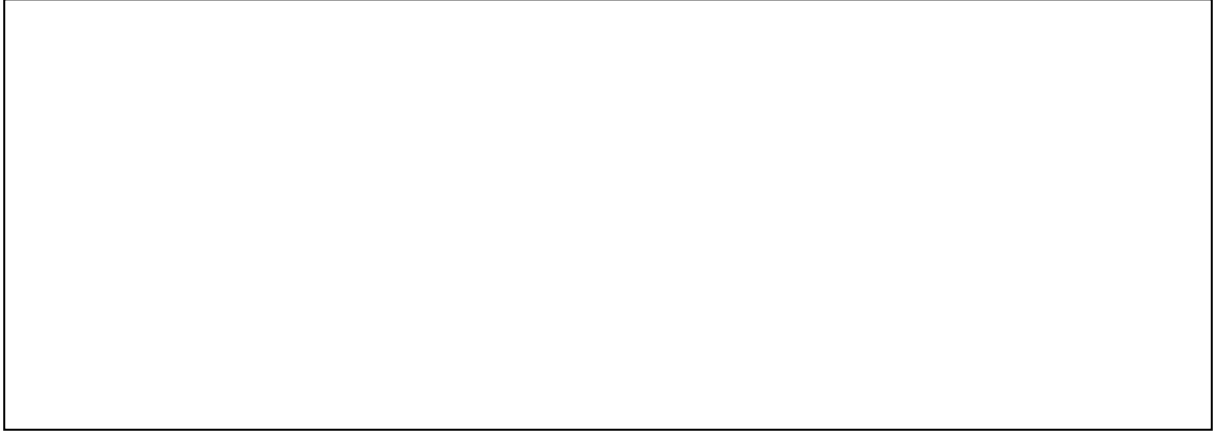
Day 20

1. List the names of people who you know have Happy Money.
2. Make a plan to invite these people out and start building your community.
3. Or, go to the online Tribe and seek to build your own Happy Money Community.



Day 21

Reflect on your experience with today's brain training exercise.

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