

# Homework Lesson 1

Take time to reflect and answer the homework questions. They will help you examine your relationship with money, and by doing so, begin to identify the kind of relationship you currently have. The text boxes provided are confidential, and whatever you write will be saved just for you.

## Do you ever treat money as an enemy in your life?

Unfortunately yes... Maybe not even identify or unaware of certain patterns and behaviours. I don't allow money to come in to my life, but also at the same time demand from the life, that I have as much as I desire or require.

## At what times do you feel like money controls you?

Fear and uncertainty. I get stressed about short "runway" or big cash burn and always feel like there isn't enough.

## Do you ever treat money as if you were the master in the relationship?

I think so. I have demands from money and the environment. If uncontrolled and unaware and evil - I would just buy myself through life and selected experiences with more and more demands in me and more and more vanity and empty space / void, which I tried to fill in with money and desires and experiences that money can buy, but not getting the real deal or the complete feeling of fulfillment. Constantly starving and demanding for more feeling, more experience, more "joy" and more satisfaction.

## At what times do you feel like you try to control money or use money to control people or circumstances?

When I need to get things done and don't want to bother doing it myself. When I try to bail myself out from responsibilities. For example tickets for speeding. Is a good indication of such behaviour, but I guess I can elaborate on this one.

## Do you think you have an equal, balanced friendship with money? Why or why not?

Not yet. Trying to get there because it is for the greatest good of my own and all my surroundings. Making sure that I have a healthy and balanced relationship with money / wealth.

## How much money energy is flowing into your life? Do you think the flow is being blocked? If so, by what?

Definitely blocked. Sometimes the "valves" open up a little bit more, sometimes the brim won't hold and stuff goes over the top. I sincerely hope that at least the bottom, the corners and the walls of the "money container" are not rotten and can hold some volume. But there's also a "drain-hole" at the bottom and sometimes it opens unwillingly / not volutarily / accidentally and the wealth goes down the drain... and the valves are then shut and I get to the same patterns of worrying about money flowing into my life.

## How much money energy is flowing out of your life? Do you think the flow is leaking out of unexpected places unintentionally? If so, where?

I think that the out-flow has been managed reasonably well. We're saving up and not increasing the private / personal spend without reason. So I think that my + Agota = our container is not leaking. Actually very happy about that :) need to increase the in-flow and make sure, that the walls hold and it doesn't spill over the brim :)

## How do you feel when you receive money or spend money?

Sometimes I'm unaware. Sometimes I don't want to spend. Sometimes I feel bad about having high value items that don't make sense - for example I got a golf bag carrying cart as a birthday present and I felt uncomfortable and wanted to return it for cash and maybe use the cash for private golf lessons.

Beginning today, start to take notice of your emotional reaction every time money is given or received in your life.