

 1

# COMMIT

## Your Weekly Money Ritual

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### *Instructions:*

Use this workbook to follow along with the videos in Commit and create your Weekly Money Ritual.

### PART A: My 5 Reasons for doing this Program

1. I want to learn how to invest to build generational wealth.
2. I want to pay for trips to visit family and support my daughter's awareness of the world.
3. I want to build financial literacy for my own benefit and for the benefit of my students in math tutoring.
4. I want to learn skills to make me an equal for a high value man. I want to handle my current finances and my future finances in a high-income family.
5. I want to meet accountability partners for longterm two-way support.

## 5 REASONS EXAMPLES

### Example #1

1. I am ready to shift my money mindset from one of **scarcity** to one of **abundance**.
2. I deserve to have total clarity and **peace of mind** around money.
3. I want to use my money to have a **positive influence** in the world - by empowering women, redistributing wealth, and supporting our environment.
4. I want to have the freedom to **enjoy my life** - to work less, to take adventures, and spend time with my family.
5. I want to use money to **generously support** the people and causes I care about.

### Example #2

1. I love myself and deserve to enjoy my money
2. I want to generate **\$10,000** of **passive income** each month.
3. I want the **freedom** to spend as much **time** as I want with my family
4. I want to be able to help my parents in their retirement.
5. I want to build my **credit** so that I can purchase more property.

## PART B: How I'll Make my Ritual Pleasurable

1. I will add these pleasurable steps to my ritual:  
Music. Snack or Smoothie.
2. I will do my ritual in this positive environment:  
At my favorite private room at the library, or at my desk at home office.
3. I'd like to do my ritual with a friend?  
Yes whenever feasible.
4. After my Ritual, I'll reward myself by:  
New episode of a Hulu show.

## PART C: Weekly Money Ritual Time and Place

I commit to doing my Weekly Money Ritual on \_\_\_\_Friday\_\_\_\_(day)

at \_\_\_\_12:00\_\_\_\_ (time) in \_\_\_\_home office\_\_\_\_ (place).

## PART D: Weekly Money Ritual Tracker

Track the completion of your ritual each week for the next 12 months.

Ritual Number	Date	Notes	Complete
1	6/30		X
2	7/7		X
3	7/14		X
4	7/21		X
5	7/28		X
6	8/4		X
7	8/11		□
8	8/18		□
9	8/25		□
10	9/1		□
11	9/8		□
12	9/15		□
13	9/22		□
14	9/29		□
15			□
16			□
17			□
18			□
19			□
20			□
21			□
22			□
23			□
24			□
Ritual	Date	Notes	Complete

Number			
25			<input type="checkbox"/>
26			<input type="checkbox"/>
27			<input type="checkbox"/>
28			<input type="checkbox"/>
29			<input type="checkbox"/>
30			<input type="checkbox"/>
31			<input type="checkbox"/>
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48			<input type="checkbox"/>
49			<input type="checkbox"/>
50			<input type="checkbox"/>
51			<input type="checkbox"/>
52			<input type="checkbox"/>

## PART E: Confront Yourself (with love!)

Identify 3 habits or ways of being that have prevented you from making progress in the past or are likely to get in your way of completing the Million Dollar Year and how you will overcome them.

Habit / Way of Being	How I will overcome it
Lazy	Set phone reminders & reward myself for good behavior. Accountability partner can help.
Lack of Knowledge	Study the curriculum & Reach out to community
Limiting Beliefs	Review Mantras & Vision