



What Is Enough?

Based on: Your Money or Your Life

By: *Joe Dominguez, Vicki Robin*

Part 4



Financial Integrity / Fulfillment


- **All change is Personal**
 - This is not about budgeting.
 - This is not about retiring.
 - This is about Cash and Cash Flow Awareness
- Let's Face Your Money Myths
- & Utilize Tools for greater Money Awareness

Simple, but not Easy.



Let's Review Your Homework

From Part 3:

- **Reviewed Your Answers in the Workbook for Part 3 – made any additional notes as you completed the work.**
-  □ **Tracked Every Expense for the last 30 Days.**

What did you come to understand from these exercises?

Part 3

9 Steps to Enough

Step 3 – Converting money spent to life energy.



Monthly to Yearly Expenses

- We want to build out your map of current expenses.



What is Enough?
Fiscal Fitness - Session Tracker
Standard of Living

What is Enough?

Standard of Living (in today's dollars)
Expense Worksheet* *do not include savings

	Monthly \$		Life Energy (hours)
	TODAY	TOMORROW	
Housing	<input checked="" type="radio"/> Use Today's \$	<input type="radio"/> Use Tomorrow's \$	
Mortgage (rent)	\$0	\$0	#DIV/0!
Mortgage (rent)	\$0	\$0	#DIV/0!
Mortgage (rent)	\$0	\$0	#DIV/0!
Real estate taxes	\$0	\$0	#DIV/0!
Gas	\$0	\$0	#DIV/0!
Electric	\$0	\$0	#DIV/0!
Water/sewer	\$0	\$0	#DIV/0!
Phone/Internet	\$0	\$0	#DIV/0!
Cable/satellite	\$0	\$0	#DIV/0!
Trash collection	\$0	\$0	#DIV/0!
Home repairs/maint.	\$0	\$0	#DIV/0!
Yard work/snow removal	\$0	\$0	#DIV/0!
Auto			
Car loan/lease pmt.			#DIV/0!
Gasoline	\$0	\$0	#DIV/0!
Parking fees	\$0	\$0	#DIV/0!
License tabs	\$0	\$0	#DIV/0!
Repairs/maint.	\$0	\$0	#DIV/0!

- ▣ This exercise helps to break down the spending by categories to see where the cash is flowing out.



Convert Spending Life Energy

How many hours do you work (or pledge to work in the future) for each expense?

Standard of Living (in today's dollars)		
Expense Worksheet*	*do not include savings	Life Energy (hours)
	TODAY	
	Monthly \$	
Mortgage (rent)	\$2,500	98.91
Mortgage (rent)	\$0	0.00
Mortgage (rent)	\$0	0.00
Real estate taxes	\$0	0.00
Gas	\$100	3.96
Electric	\$100	3.96
Water/sewer	\$0	0.00
Phone/Internet	\$150	5.93
Cable/satellite	\$0	0.00
Trash collection	\$35	1.38
Home repairs/maint.	\$250	9.89
Yard work/snow removal	\$250	9.89
Car loan/lease pmt.	\$0	0.00
Gasoline	\$300	11.87
Parking fees	\$0	0.00
License tabs	\$0	0.00
Repairs/maint.	\$100	3.96



Convert Spending to Life Energy

□ How much of your life energy is traded for your Standard of Living?

□ Tracking expenses as an amount of life energy you must pledge in the future to continue that monthly expense is powerful.



What is Enough?
Fiscal Fitness - Session Tracker
Standard of Living

Wit?

Standard of Living (in today's dollars)
Expense Worksheet* *do not include savings

	Monthly \$		Life Energy (hours)
	TODAY	TOMORROW	
Housing	<input checked="" type="radio"/> Use Today's \$	<input type="radio"/> Use Tomorrow's \$	
Mortgage (rent)	\$0	\$0	#DIV/0!
Mortgage (rent)	\$0	\$0	#DIV/0!
Mortgage (rent)	\$0	\$0	#DIV/0!
Real estate taxes	\$0	\$0	#DIV/0!
Gas	\$0	\$0	#DIV/0!
Electric	\$0	\$0	#DIV/0!
Water/sewer	\$0	\$0	#DIV/0!
Phone/Internet	\$0	\$0	#DIV/0!
Cable/satellite	\$0	\$0	#DIV/0!
Trash collection	\$0	\$0	#DIV/0!
Home repairs/maint.	\$0	\$0	#DIV/0!
Yard work/snow removal	\$0	\$0	#DIV/0!
Auto			
Car loan/lease pmt.			#DIV/0!
Gasoline	\$0	\$0	#DIV/0!
Parking fees	\$0	\$0	#DIV/0!
License tabs	\$0	\$0	#DIV/0!
Repairs/maint.	\$0	\$0	#DIV/0!

Part 3

9 Steps to Enough

Step 4 – 3 Questions



3 Questions Can Change Your Life

- **Does this expenditure bring me satisfaction and fulfillment in proportion to the hours of life energy I will spend on it?**
- **Is this expenditure of life energy in alignment with my values and life purpose; with what I really want in my life?**
- **How might this expenditure be different if I didn't have to work for a living?**

Question 1:

Does this expenditure bring me satisfaction and fulfillment in proportion to the hours of life energy I will spend on it?

- Asking yourself each day, week, month whether you actually received fulfillment in proportion to the life energy you spent awakens a natural sense of enough.
- The 'law of diminishing returns' is built right into nature, if we simply observe it, we know when we are spending money that is fulfilling, and when we are spending from habit.

Question 2:

Is this expenditure of life energy in alignment with my values and life purpose; with what I really want in my life?

- If your values and life purpose are buried under the weight of a lifestyle that doesn't fit, this will become more obvious as you ask this question.
- Values inform our beliefs, and how we spend our time is a reflection of those values.
- If you aren't sure what you value, use the 'What is Your Dream?' exercise that will be part of this month's homework assignment for clarity.

Question 2:

*Is this expenditure of life energy
in alignment with my values and life
purpose; with what I really want in my life?*

- When your actions are out of alignment with your values, you tend to experience fear, guilt, frustration and emotional imbalance. You can get rid of those negative, unwanted feelings. Either:
 - ▣ Change your actions to align with your values, or
 - ▣ Change your values to align with your action.

- Charles Givens

Question 3:

How might this expenditure be different if I didn't have to work for a living?

- This question helps to explore what activities, expenses, might disappear if you weren't in your present job. Less: gas, clothes, commute, decompression, illness, time managing servants.
- Would you feel more or less 'independent' if you had time to resolve things that you now need to engage others for?

The ♥ Heart of This Approach

- develop a clearer picture of what brings you joy and satisfaction
– your “fulfillment”
- know what feels right to you
– your “values”
- develop a picture of what you want your life to look like
- your “life goals” or purpose
- know what it’s like to be in charge of your life
– this is the foundation of “financial independence” as fiscal bliss.

Information-Gathering?

- Just watch your behavior and see if it is in alignment.
- If you spend money on things that aren't fulfilling, you will pay with your time = your life energy.
- If you spend money on things that are fulfilling, you'll align your vision, values and action.
- When happiness, clarity, and peace characterize your life, you are a potent and fulfilled individual.

Getting to Enough

*He who knows he
has enough, is rich.
-Tao Te Ching*

Accountability

- If you don't know what is coming and going, you can never have enough.

Internal Yardstick

- If you measure by what others have, you'll never have enough.

Purpose

- If you are focus on getting ahead, all life energy will flow to the 'money-go-round'. That will be your Legacy.

Responsibility

- If you only care about yourself, you won't have enough until you have it all.



Part 3

9 Steps to Enough

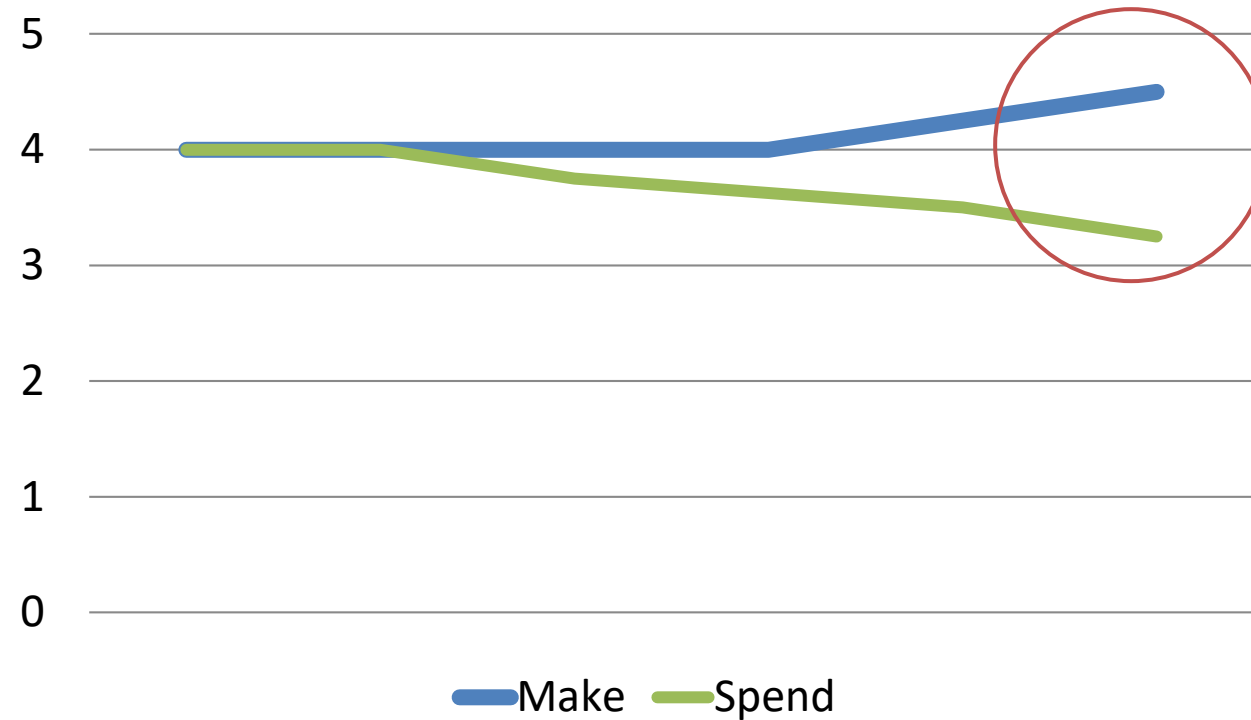
Step 5 – Making Progress Visible



Income and Expenses

Each month from now on, we want to simply track two numbers, the amount you **Make** versus the Amount you **Spend**.

Start Tracking Progress



Your Homework

Before Part 5 :

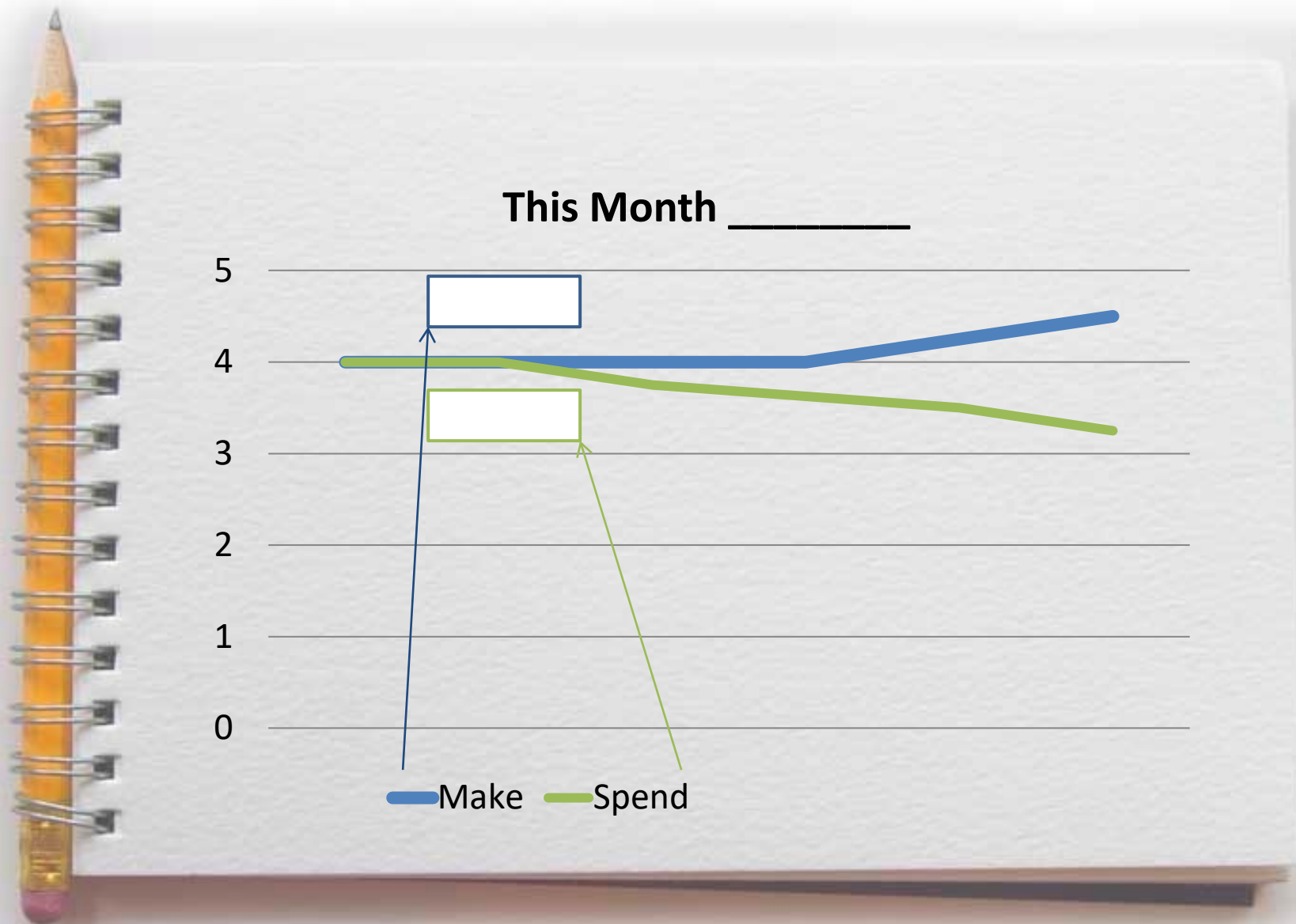
- ❑ **Review Your Answers in the Workbook for Part 4 – make any additional notes as you complete the work.**
- ❑ **Track Every Expense until you have a full 30 days (90 days ideal)**
- ❑ **Chart your Make versus Spend on the attached workbook page.**
- ❑ **Complete the ‘What Was Your Dream’ exercise in the workbook.**

Check each box above as you complete the items.

Insights from Reviewing Part 4 Notes and Answers



Make / Spend This Month...



What Was Your Dream Exercise?

Growing up often means outgrowing your dreams...

What did you want to be when you grew up?

What have you always wanted to do that you haven't done yet?

What have you done in your life that you are really proud of?

What Was Your Dream Exercise?

Growing up often means outgrowing your dreams...

If you knew you were going to die within a year, how would you spend that year?

What brings you the most fulfillment – and how is that related to money?

If you didn't have to work for a living, what would you do with your time?

Part 5

What to expect:

- What Were Your Dreams?
- Value Life Energy
- Exploring Money Mythconceptions
- Why Work?