

Short-Circuit the Program Review

Your old dynamic was pre-programmed by your family and the world around you. Staying balanced and healthy means reprogramming your thinking to make conscious decisions.



Removing the cookies:

1. When did I notice I was thinking or behaving like Mom or Dad? How?
2. When did I notice I was thinking or behaving like someone else? How and why?
3. When did I make a money choice on autopilot? How did I feel afterwards?
4. What new insight did I uncover about my money history? Will I accept or reject it?
5. Did I use stop, look, and listen? If yes, what were the results? If no, how could it have helped?
6. When did I talk, really talk about money? What did I learn?
7. When did I blame myself because I should know better? What can I do differently next time?
8. When did I slow down and ask, "What's it all about?" Did it help?
9. When did I feel like the odd man out? What did I do about it?
10. When did I try to ignore what was really going on with my money? Why?

Answer these questions each week:

Did I short-circuit my programming to keep myself balanced and healthy? Why or why not?

On a scale of 1 to 5, with 5 meaning "completely debugged," how well did I short-circuit my program?