



Section 2: Conscious Rebellion

Exercise 2

This exercise helps you pinpoint where you're financially unconscious.

Wake up!

Check yes or no. Then explain why.

1. Do you know why saving money is tough?

Yes

No

If yes, please explain why.

2. Do you know why spending money is easy?

Yes

No

If yes, please explain why.

3. Do you know the best time to make money decisions?

Yes

No

If yes, please explain why.

4. Do you know your money habits?

Yes

No

If yes, explain one or more of them.

5. Do you know why talking about money is tough (or easy) for you?

Yes

No

If yes, please explain why?

6. Do you know *why* you think the way you do about money?

Yes

No

If yes, please explain why?

7. Do you know why you spend the way you do for the holidays?

Yes

No

If yes, please explain why?

8. Do you know why you buy the brands you do?

Yes

No

If yes, please explain why?

9. Do you know why money is so stressful?

Yes

No

If yes or no, please explain why?

Look at your answers. How aware are you ... really?

I know everything—no problems here.

Some gaps here and there.

A lot of missing links.

Totally in the dark.

Starting a conscious rebellion is the first step to change. You can't change what you don't know. The Money Dynamic gives you the tools to open your eyes and ears to a new understanding of yourself and money.