

Financial Fitness: Commitment & Organization

Committing is getting heart, mind, spirit ready.
Organizing is putting your environment in place to support you.

Key Learning Points

- Learning to embodiment through the five stages: hearing, viewing, understanding, practicing and finally embodying
- Access internal and external "space" to facilitate and support the journey
- You are not supposed to know this stuff
- You are exercising NEW muscles
- Nothing happens until you commit; nothing changes unless you practice
- In every situation there are both exterior, practical matters (requiring action) and interior, personal matters (your perspectives, emotions, body sensations requiring reflection)

HomePlay Activities

Part 1: Reflection & personal discovery

- What is important about this commitment for me?
- What do I need to know and do?
- What physical measurable system(s) will work for me?
- Are there people in my life who are affected by this commitment, and if so, how will they be a part?

Record your answers, then create **Intentions** for each of the discoveries from each question. Please note: an intention is NOT a goal. An intention is a clear statement that creates a supportive container for the year on how you want to manifest financial fitness. For example:

- *I easily and joyfully master financial fitness.*
- *2012 is my year of Financial fitness. The practices teach me the competencies to sustain my well-being.*

If a specific milestone (goal) emerges from one or more of your intentions, please write it down.

Part 2: Decide on your **organizing system** and create what you need in desired form.

Circle Ideas

- Check out Evernote as a organizing system (www.evernote.com)
- Sip your favorite beverage with a friend to complete your homeplay practices.
- Put on fun music and dance while paying bills.