

# Reflection and Discussion Questions

## Part I: WHY



Reflection and introspection are crucial aspects in trying to understand *why* we do what we do in order to change *how* we do it. Therefore, please be brutally honest with yourself and others while thinking about and discussing the questions below.

### Chapter 1 ~ The Why of This Book

1. If you are not satisfied with your current financial reality, do you feel it is a function of a lack of money or a lack of discipline?
  - a. Explain or articulate why.
2. For you and your life, what does “success” look like?
  - a. Explain or articulate how your version of “success” is attainable.
3. On a scale of 1 to 10, how dedicated are you to applying principles discussed in this book so you can get out of debt and stay out of debt?
  - a. If you said anything less than 10, explain or articulate why.
  - b. Then, identify and explain or articulate any beliefs, lies, or mindsets that are holding you back from being financially strong and free.

## Chapter 2 ~ Tomorrow Begins Today

1. Can you explain or articulate how you normally respond to the tension between enjoying yourself in the present and being aware of and planning for your future?
2. Can you see yourself retiring one day?
  - a. If so, explain or articulate what that will look like.
  - b. If not, explain or articulate why not, identifying any obstacles that you see preventing that from happening.
3. Is there something you are currently doing or not doing with your finances that you *know* you should be doing or not doing?
  - a. If so, identify and explain or articulate why you are doing or not doing it.
4. Keeping the “Myth of Adolescence” in mind, do you feel you have adequate health, life, auto, and home or renters insurance?
  - a. If not, list all the reasons why you do not have adequate insurance.
  - b. Then, identify if those reasons are valid.
    - i. If they are valid, identify ways to address them.
    - ii. If they are not valid, identify why they are preventing you from having adequate insurance.

## Chapter 3 ~ The Debt Matrix

1. Would you consider yourself in financial bondage caused by excessive debt?
  - a. If so, explain or articulate how your “systems” of spending have led to your financial “imprisonment.”
2. Reflect upon and discuss the seven questions on pp. 20-21.
3. Would you agree or disagree that most good things (things that bring real contentment like relationships, health, spirituality, wisdom, and finances) are gained in the long-haul?
  - a. Explain or articulate why you agree or disagree.
4. Is it difficult for you to live with the long-haul perspective?
  - a. If so, explain or articulate why.
5. Challenge yourself and one other person to do the exercise on p. 23 about charting all your expenses for one to two months.
  - a. Then, discuss any noticeable trends and insights gained as to why you spend money the way you do.

6. How have you tried to “fill the void” in your life?
  - a. Explain or articulate what the outcome was.

7. In order to avoid insanity (e.g., doing the same thing over and over and expecting different results), after reflecting upon and discussing the seven questions on pp. 20-21 and completing the exercise on p. 23, what is *one* thing you will commit to change when it comes to your finances (remember, start small and build on your successes)?

#### **Chapter 4 ~ Understanding The *Why***

1. Reflect upon and discuss the type of student you were in high school?
  - a. Can you attribute anything in your environment and/or upbringing to you being that way?

2. Take the ACEs survey on pp. 35-36
  - a. If you're comfortable, share your score.
  - b. Or, if in a group, have everyone write their score on a piece of paper and place it in a box. Then, tally up the scores to see where people in the group are.

3. Upon reflecting, do you feel you spend a considerable amount of money on biochemical coping methods (e.g., alcohol, drugs, food, sex, thrill sports, etc...) to escape intense anxiety, fear, anger, or depression?

4. Upon reflecting, and related to the exercise on p. 23, do you feel you buy things you cannot afford in hopes of addressing unfulfilled needs in your life?
  - a. If so, explain or articulate a time when you did this, why you did it, and the end result.

5. Upon reflecting, do you feel your current financial reality can be attributed to any past trauma or adverse childhood experiences?
  - a. If so, explain or articulate how.
  - b. If so, have you or are you willing to seek professional help to address any past trauma or adverse childhood experiences?

#### **Chapter 5 ~ Your Biggest Asset: You**

1. What is one thing you have always wanted to do but have yet to do it?
  - a. Explain or articulate why you have yet to do it.

2. What thoughts do you have after reading about income and achievement related to one's level of education?

a. Do you and your current situation fit the descriptions of people based on education and income levels?

3. If you are your biggest asset, have you fully exploited your time and talents by pursuing higher education and/or training to produce more treasure to support you and your family?
- If not, list all the reasons why you have not.
  - Then, identify if those reasons are valid.
    - If they are valid, identify ways to address them.
    - If they are not valid, identify why they are preventing you from furthering your education.

4. Understanding money alone will not make people happy, is there another aspect of your life (e.g., physical, mental, spiritual, or relational) you need to make a priority by investing more time and energy into it?
- If so, can you explain or articulate a plan to address it?

## **Chapter 6 ~ Changing Trajectories, for Generations**

1. When was a time you had to have grit, or passion and perseverance for very long-haul goals?
- How did you feel during working towards that goal?
  - How did you feel after achieving that goal?
  - Can you explain or articulate any personal attributes that were developed or refined as a result of working towards and achieving that goal?

2. When was a time you faced and overcame a challenge or difficult time?
- How did you feel while facing the challenge or difficult time?
  - How did you feel after overcoming the challenge or difficult time?
  - Can you explain or articulate any personal attributes that were developed or refined as a result of facing and overcoming the challenge or difficult time?

3. Upon reflecting, do you think any of those personal attributes you developed through having to have grit and facing and overcoming a challenge or difficult time could be applicable to your current financial situation?
- If so, explain or articulate how they can apply.

4. If need be, revisit question #3 from Chapter 5 about pursuing higher education and/or training.

## **Chapter 7 ~ Mindsets**

1. Keeping the “Unconscious Holdover” in mind, do you have any beliefs about yourself and your future that do not align with you being the best, healthiest version of yourself, including being financially strong and free?
  - a. If so, can you explain or articulate what they are?
    - i. If so, can you explain or articulate where they came from?
    - ii. If so, can you explain or articulate how they are holding you back from being financially strong and free?
2. Keeping the “Growth Mindset” in mind, generally speaking, do you believe you have a fixed or a growth mindset?
  - a. Explain or articulate your answer.
3. Keeping the “Growth Mindset” in mind, when it comes to your finances, do you believe you have a fixed or a growth mindset?
  - a. Explain or articulate your answer.
4. Upon reflection, do you believe you can eventually develop a growth mindset through a long-haul perspective of practice, discipline, effort, perseverance, and grit in order to be financially strong and free?
  - a. If so, can you explain or articulate a plan on how you will do this (this is what **Part II: How** is all about)?
  - b. If not, can you explain or articulate beliefs and/or obstacles in your way?
    - i. If so *or* if not, are you willing to seek professional help to address these beliefs and/or obstacles?