

# Overcoming Underearning® - Session ONE

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Welcome to Overcoming Underearning® a 30 day transformational adventure to create a five-step plan to a richer life. The workshop uses Barbara Stanny's book Overcoming Underearning as a guide to lead us safely through this sometimes rocky financial terrain.

## Important things to remember throughout the course:

- Make a commitment to just showing up!
- Add all the dates and dial in numbers to your calendar.
- Respect the sacred confidentiality of the group and what is said within it.
- Know you are loved and supported.
- Write, use your journal to work things out



## Getting Started

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### ✓ Getting to know everyone and sharing your questions and concerns

- How do you feel about working with the book and in the group?
- What are your immediate reactions or concerns?
- What would it look like if you had control over your life?
- Why do you think the parable about the farmer and the monster was included in a book about overcoming underearning?

*"Life is not about finding yourself. Life is about creating yourself."*

*- George Bernard Shaw*

### ✓ What do you want?

- Why did you come?
- What do you wish to achieve?
- What do you hope to accomplish?
- What drew you to this workshop?

## Exercise: Six Months to Live

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- *If you knew you had six months to live what would you be doing?*
  - Where would you be living?
  - Who would you be with?
  - What would you change?
  - What would you add?
  - What would you eliminate?

- *Why don't you start right now, living as if you only had six months left?*

*"The truth is, all of us only have a limited time on this planet. The purpose of this exercise is to encourage you to live that life to the fullest."*

1. Change your relationship with money.
2. Explore your blocks and barriers to success.
3. Inspire you to think bigger.
4. Keep you on the path.
5. Encourage you to share what you learn.

#### A few Words About Doing the Exercises in the Workbook

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- ✓ Don't try to find "the perfect answer." There is no such thing.
- ✓ Don't think too much. It's best to write the first thought that comes to mind.
- ✓ More important than your initial response is what questions trigger later. Your most valuable insights may come when you're falling asleep or taking a shower.
- ✓ After doing each exercise, write what you discover in this book or in a separate journal. Then call a friend to discuss your findings and feelings. Discussion almost always leads to further insight.

#### ***NOT A ONE PERSON SHOW***

These are people I'd like to work with...

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