

# Money Practice

## **Finding Your Rhythm-Routine**



**rhythm** 'riTHəm/

**noun: rhythm; plural noun: rhythms**

1. a strong, regular, repeated pattern of movement or sound. "Ruth tracked her money transactions daily to better understand how money flowed in + out of her life"

*synonyms:*

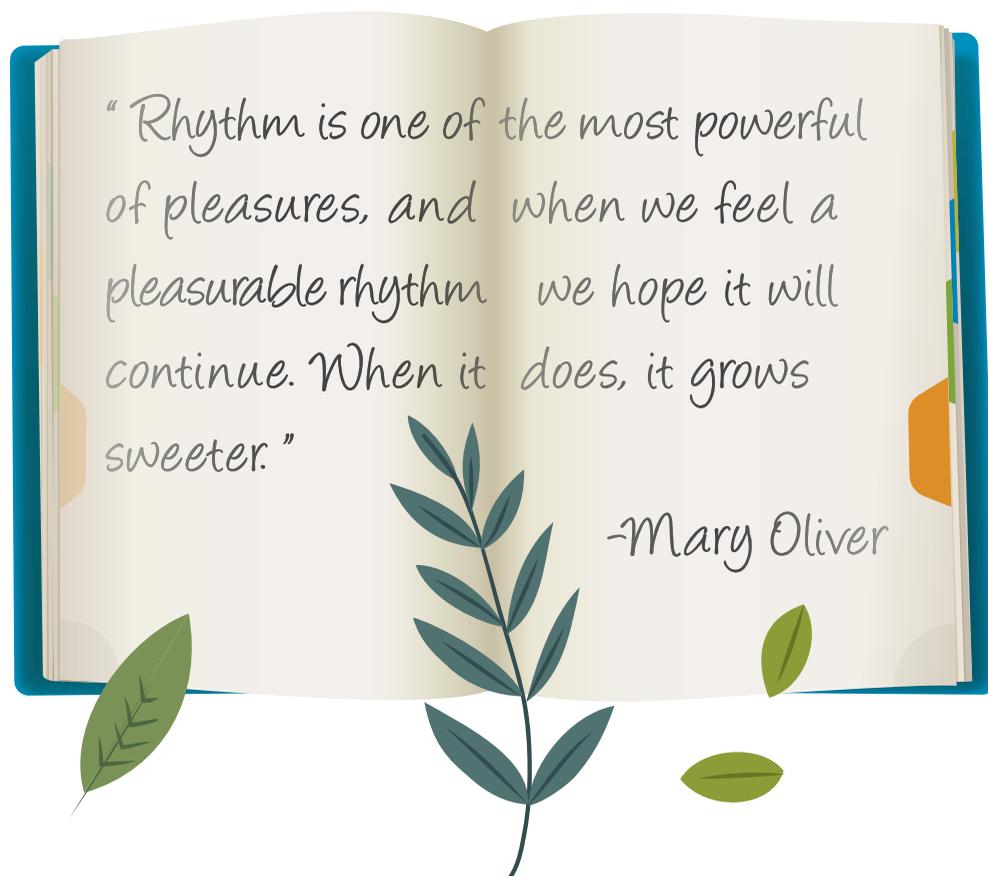
**pattern, flow, tempo** "the rhythm of a money practice"

## Practice

Find your unique rhythm for connecting with your money. Daily? Weekly? Weekends? When Where What Time? Create a practice right for you that keeps you in the “know of your numbers!” Power lives here. So does Pleasure!

### Health benefits of a “regular rhythm” are:

- a happy nervous and immune system that can sit in the energy of relaxation rather than “fight or flight” mode because they know you got it covered
- increased feelings of peace + harmony
- deepening connections to things that matter
- rituals your body + mind + spirit count on for nourishment









## Any-time of month money inquiry:

- What amount of money is needed to fund our periodic expenses this month? For the next 3 months?
- How much money do I/we have in periodic savings to fund periodic expenses? Are we saving enough? If not, what creative strategies might we come up with to save more here?
- What are the savings / investment balances in all of our accounts? How are they different from last month? What annual rate of return are we getting on investment money?
- How am I/we feeling? Are my deepest needs being met? Do I feel deprived in any life area? Am I using my money to fund what is most important to me in my/our life?
- If my periodic expenses are funded, how much do I want to begin placing toward an emergency fund each month?
- What amount of money will I need when I no longer desire to work to fund my life monthly / annually? Where will this money come from? How much will come from social security? How much from investment income?
- What are my/our money goals for this month?
- How am I doing in comparison to my annual plan set forth? What needs to be adjusted or re-worked?

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# Things that have rhythm

The beat of a heart **lub** dub **lub** dub **lub** dub

The breath **inhale** exhale **inhale** exhale

The **beat** of a drum

Sex

**Music**

Rituals

And now **you + your money!**

