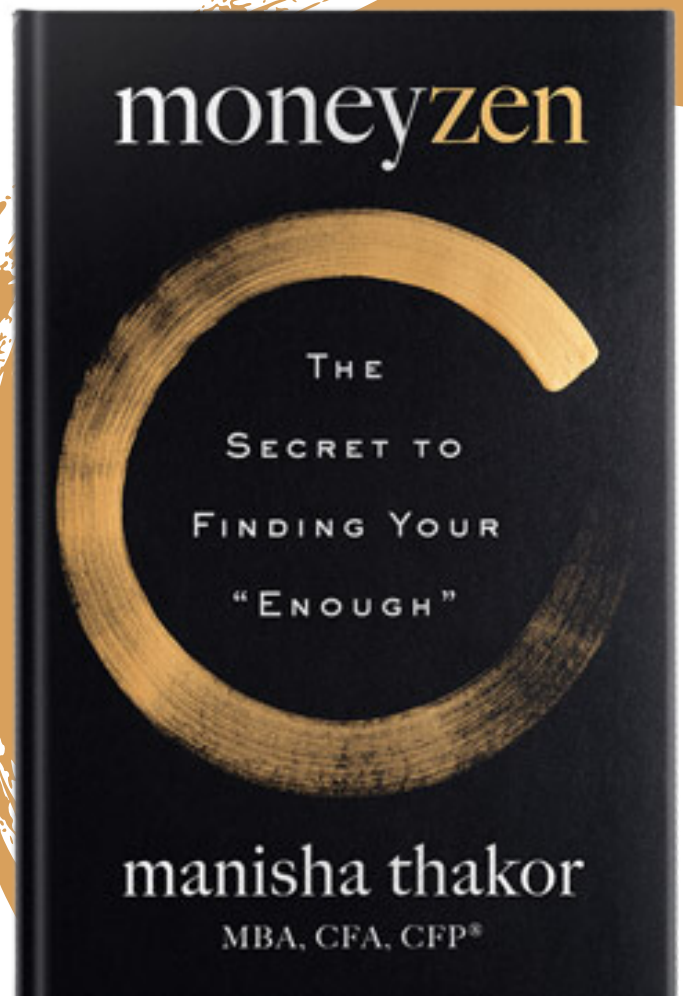



moneyzen

THE SECRET TO FINDING
YOUR "ENOUGH"

BOOK CLUB GUIDE





When people ask me what *MoneyZen* is about, here's how I typically describe it: *MoneyZen* examines the many personal, cultural, societal, and biological factors that lead us to believe that no matter how much we earn, do, and achieve, it's never enough. *MoneyZen* gives readers the tools to find their "enough," while building a strong base layer of financial health + emotional wealth — the key to arriving at a place of MoneyZen.


One key mantra I talk about in the book is "Connection Creates Balances." (*Thank you, Mary LoVerde for this insight!*) It is my hope that readers just like you decide to pull together a small group of friends who have also read the book to talk about the key concepts together. The oft-quoted proverb "It takes a village" has been around for such a long time... because it's true.

So if you and your tribe wish to get together to help each other think through and share steps that you are excited to take to bring MoneyZen into your life, here are some powerful questions to help you further explore your feelings and behaviors around money, accomplishments, and success.

Enjoy!

Manisha

questions to consider

- (1) What are the very first thoughts that come to your mind when you hear the phrase: “Never Enough.”
 - (2) Take a moment to think about someone you know who you view as successful. How do you know they are successful?
 - (3) “What do you want to be when you grow up” and “What do you do?” are two questions that have become socially acceptable ways to identify ourselves by what we DO (or hope to one day DO) for a living. But what if we instead focused on who we want to BE as human beings? How would you describe yourself if someone asked you what kind of person you are or hope to BE?
 - (4) From a very early age we are rewarded for and guided toward a version of success that’s measured in grades, ranks, and numbers achieved. This can lead us to over-emphasize productivity as a signifier of success. How do you measure success in your life? How does your employer? How do your friends and family measure success?
 - (5) Counterfeit Financial Culture has a tremendous impact on our relationship with money and work. In Chapter 3, I talk about the Flawed Self-worth Anchors I collected when living in an urban setting that lost all significance when I moved to a smaller town and changed my professional role. What kind of Flawed Self-worth Anchors do you, your friends, family and/or your broader community put stock in?
 - (6) How does it feel when you say these four words to yourself: “Permission to Achieve Less.” In what areas of your life would you like to try achieving less? What steps could you take to begin?
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(7) As I discuss in the book, “financial health” does not look the same for everyone. After reading *MoneyZen*, how would you define “financial health” for your personal situation?

(8) What activities or experiences bring you a greater sense of “emotional wealth”? Can you picture ways to introduce more of this priceless feeling into your life?

(9) We live in a society that places an inordinate amount of focus on accumulating vast “financial wealth.” If you decided to strive for “financial health” instead, while also focusing more of your attention on investing in your “emotional wealth,” how would that change your life? How would you spend your time differently?

(10) Like the story of the chained baby elephant, who remains confined to her small space because of learned helplessness, are there areas of your life in which you feel tethered to routines and lifestyles that do not serve you? Are there times when you feel as if: *“I cannot leave. I will not leave.”* If so, what would happen if you left?

(11) How does it feel when you say these four words to yourself: “Permission to Achieve Less.” In what areas of your life would you like to try achieving less? What steps could you take to begin?

(12) What does “enough” look like for you?

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