

Workshop: Dancing With The Monkey *about Money* - Effectively

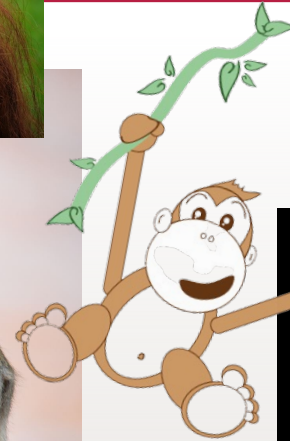
Learn to get your money energy pipeline flowing SMOOTHLY

“Learn to DANCE with the monkey so your MONEY energy FLOWS with clarity, focus, ease and grace.”



**Part of Your Coaching Matters
2022 Workshop Series**





The Many Faces Of Monkey...*This is only a few..*



YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

Monkey Mind Symptoms

Fragmentation
Being Paranoid
Scarcity Thoughts
Either/or Thinking
Qualifying Statements
Complaining/Petulance
Being a Victim or Martyr
Taking Things Personally
Talking of The Past or Future as if it is the Present



Excuses
Defensive
Deflection
Solidifying
Bargaining
Resignation
Comparison
Being Vague
Justification
Impulsiveness
Rationalization

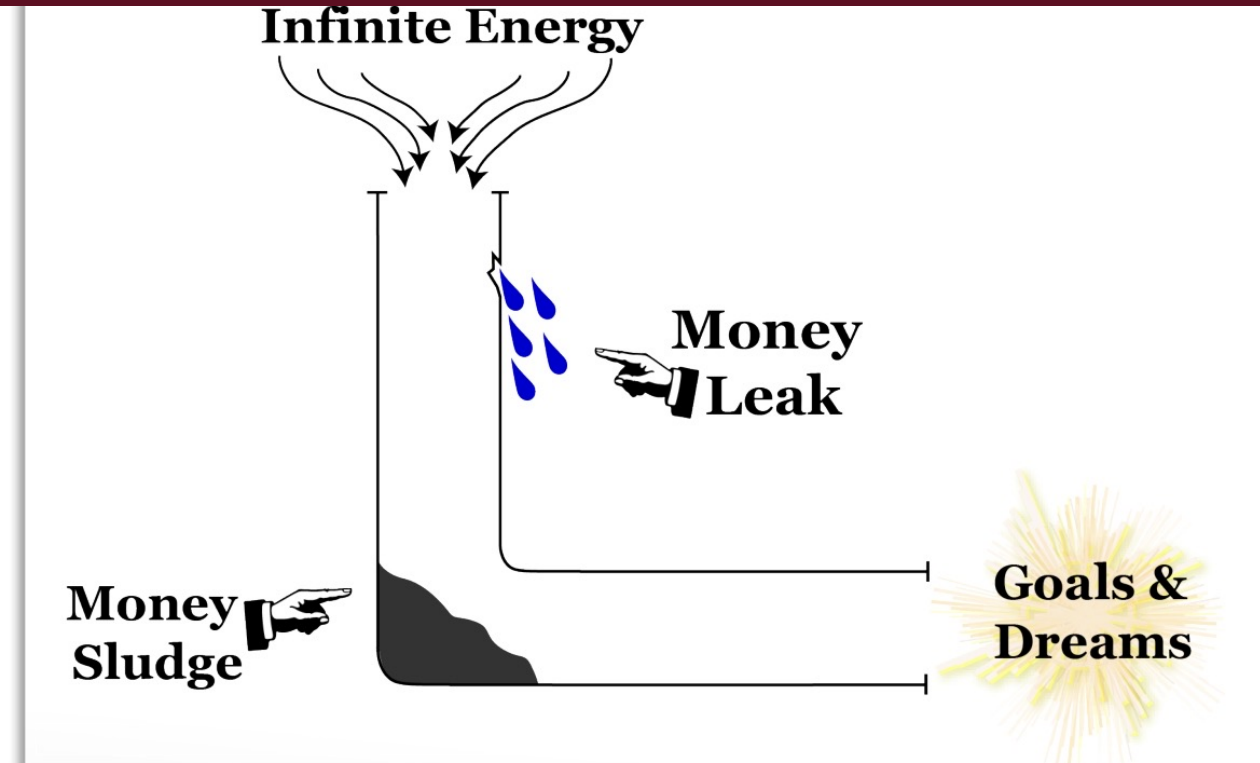




Can You See Some Of
Those Symptoms
In These Faces?
Look Again... What do you see?

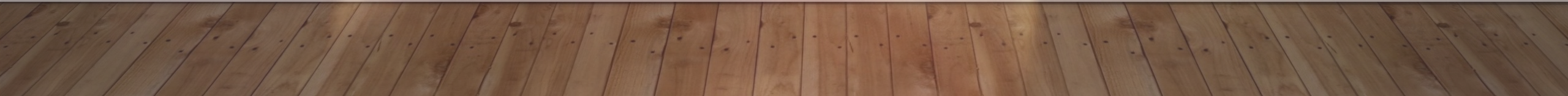


As Coach Stephanie talked about Last week, if there is an INFINITE Supply of
Energy...for example... *like the SUN*...
that we can tap into to bring forth our Goals and Dreams
**What is blocking some of our Money Energy
to use toward Achieving it?**



In today's Workshop
If you are willing
We will do work
to discover one or two things for
ourselves...

And learn EXACTLY
how to get past them.

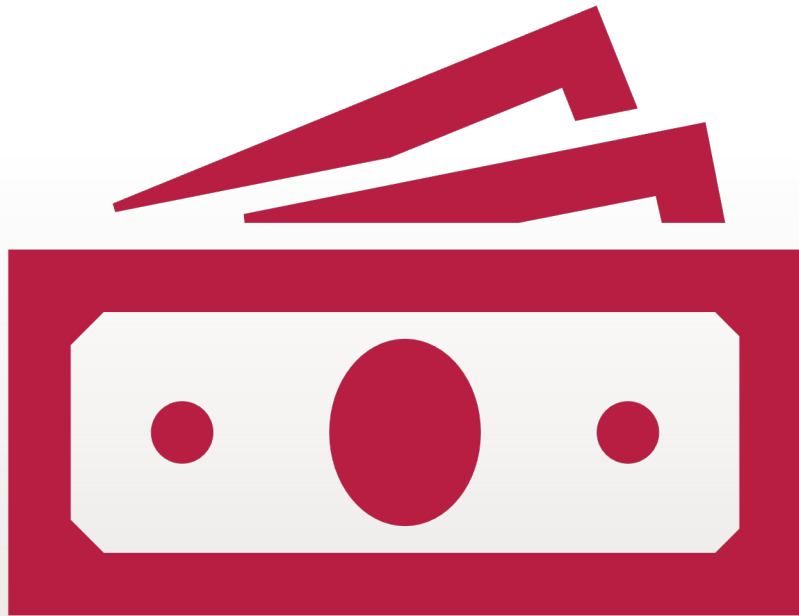


Let's Agree To Start With These 3 Things.

Without them, it won't work...

1. A clear picture **of a goal** that money will support you achieving. **Can you think of just ONE? – write it down now.**
2. This goal is SMARTER: Specific, Measurable, Actionable, Relevant, Time Based, Exciting and Risky... meaning it has that element of risk... it's not “too easy.” **Does your goal in #1 fit that brief? - if not, pick another one for #1.**
3. Belief that there ARE resources that can support you in achieving this goal. There is an infinite source, and this goal is “attainable” in your mind with that source supporting. - **Do you believe? - without belief, your monkey mind about this will make getting there much harder.**

Great!



You Have A Smarter Goal
Written Down

Something That Money
Will Help You Achieve

And belief it is Possible!



As Practice... Let's play for a moment
with that Sun Metaphor.
**What is the “sludge” in the Sun’s
pipe to us...**
What gets in the way?





Clouds.

The earth's rotation.

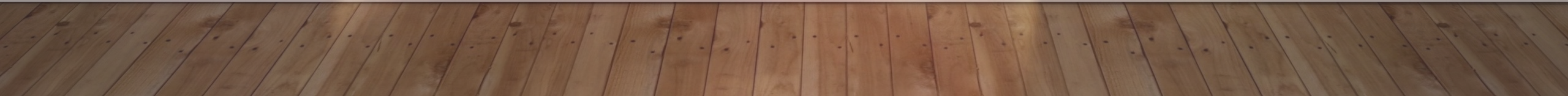
In an Eclipse, the MOON gets in the way of the Sun on Earth!

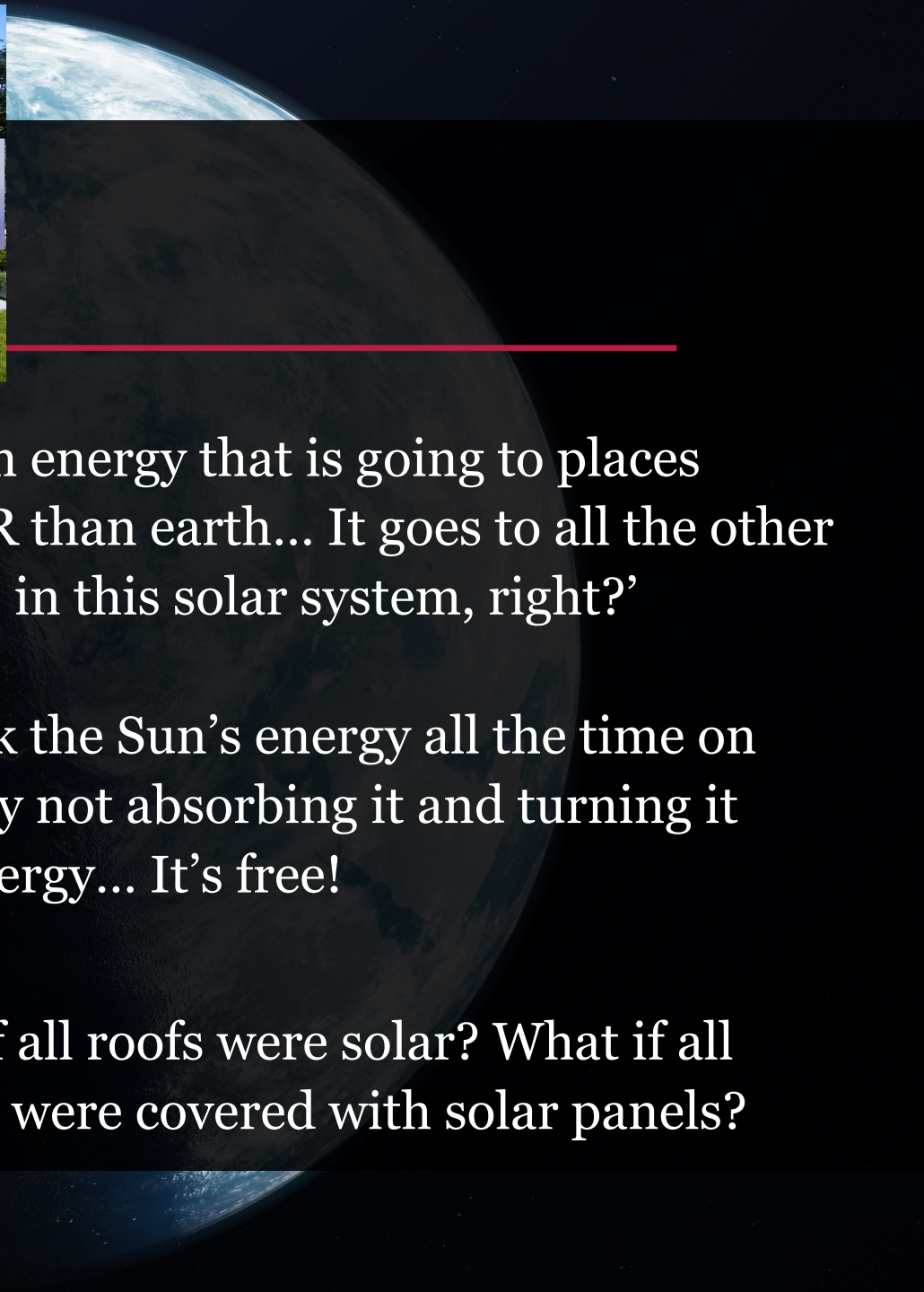
Our homes and clothes keep some of the sun away from us.

Notice that if we had ALL that energy... all the time...what would happen?



Continuing with the Sun Metaphor.
What are the leaks?



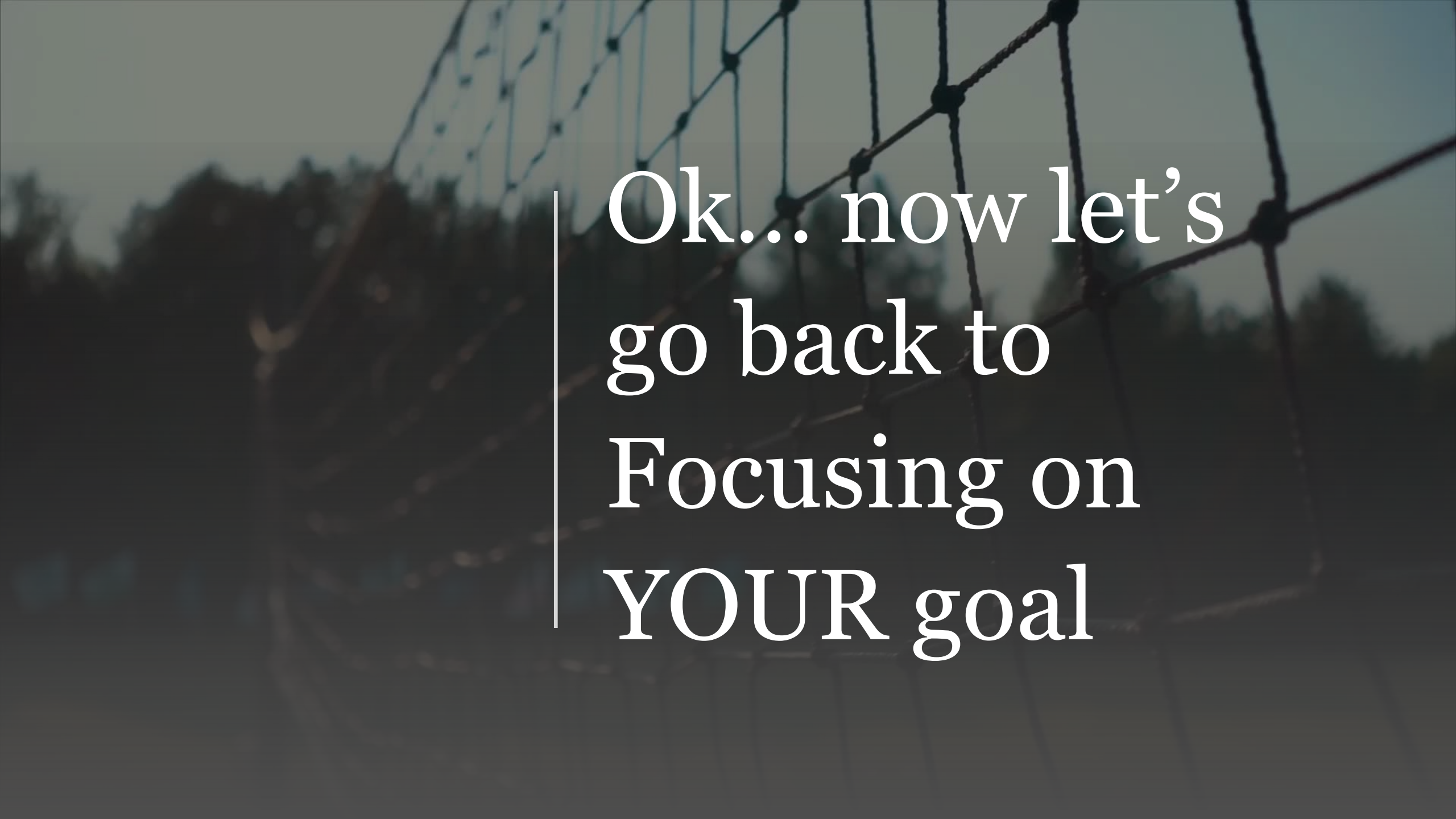


The sun energy that is going to places
OTHER than earth... It goes to all the other
planets in this solar system, right?’

We leak the Sun’s energy all the time on
earth by not absorbing it and turning it
into energy... It’s free!

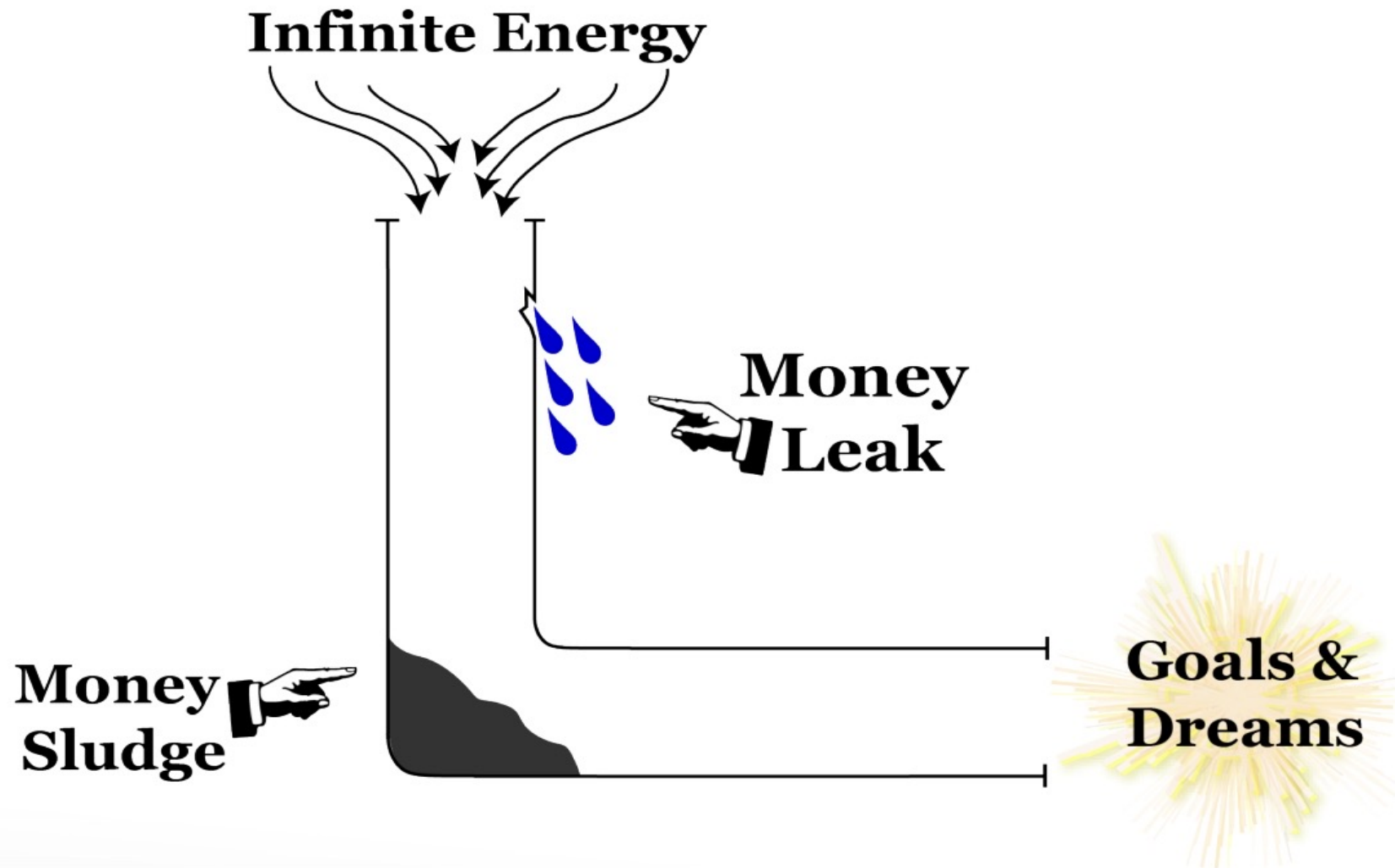
What if all roofs were solar? What if all
deserts were covered with solar panels?





Ok... now let's
go back to
Focusing on
YOUR goal

Conduit of Energy



**How can we have
more energy
around the flow
of money?**



We talk about Money as if it were
a love/hate relationship

We love it, we hate it, we don't have
enough of it. It's up, it's down.

We are investing it... we are losing it.

Some people brag about their money
(hello monkey mind) and some people
treat it like a shameful experience
(hello monkey mind).

*Some salespeople bring a lot of money in
and yet have nothing at the end of the day.*





**What if it were our
duty to our GOALS...
to be financially
successful?**

Guess what?

It is.

A child wearing yellow pants and pink rubber boots is watering a small green plant in a garden. The child is holding a red watering can, and water is being poured onto the soil. The background is a blurred garden scene with other plants and a wooden fence.

Money is a conduit... or a *pipe* that takes you to your goals and dreams.

Imagine in your minds eye, a beautiful garden and this garden is full of your dreams.

You have a water pipe that waters and nurtures the garden.

What happens if sludge builds up in your pipe and water can't reach that garden of dreams. Or what happens if the pipe has a leak and only a trickle reaches those life's intentions? That's why money needs to flow.

If There Is An
INFINITE
Supply Of Money
Energy...

And That Money
Energy Will Help
You Achieve
Your Goal...

What is getting in the way?

Let's start with sludge...

What IS Sludge?

The definition of sludge is
*mud, mire, ooze that impedes
circulation.*

*If money is to free flow through,
we must regularly clean out the
sludge that builds up.*

**Money Sludge
can ZAP our energy...**



Some examples of Money sludge:

- Bank balances we are not clear about
- Not knowing what your expenses are or a budget
- Loans that haven't been paid off
- Not having a will and a clear written retirement plan
- Not making quarterly tax payments. *Do you know anyone who ever got a big commission check and went out and made a BIG purchase instead of paying their quarterly tax payment?*
- Not putting % of each check you get into accounts for those things above...
- Gift cards you never used, airline miles you let expire, checkbooks from 20 years ago in your file drawers...

Just talking about these things gets
heavy.

Your money sludge traps your
energy.

**CLEAR away sludge,
so that energy can be used for
your Goal!**

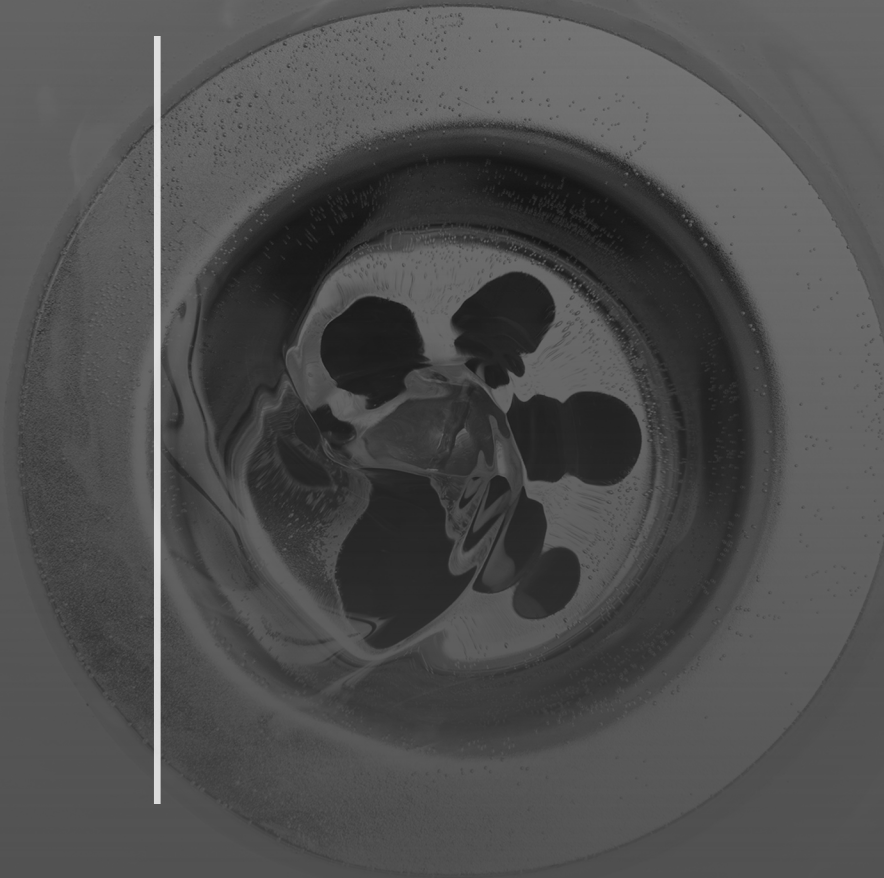
If There Is An
INFINITE
Supply Of Money
Energy...

And That Money
Energy Will Help
You Achieve
Your Goal...

*Can you identify
just ONE piece of
sludge in your
Money Pipe that
you could do
something about?*

If There Is An
INFINITE Supply
Of Money
Energy...

And That Money
Energy Will Help
You Achieve Your
Goal...



*What
about
Money
Leaks?*



Are your Money leaks Drips or Waterfalls?

Some examples:

- ❖ Things drafting from our accounts that we simply don't pay attention to – we don't SEE the leak.
- ❖ Things drafting from our accounts we don't use any longer – like monthly subscriptions to things we don't use.
- ❖ Buying things that we don't need... ***and do not support a GOAL we are working toward.***
- ❖ Spending 5X on lunch what it would cost to bring lunch in.... every day of the week
- ❖ Eating or drinking or buying stuff that is **leaking our money away from our goals**

**It's Easy to get Distracted about Money...
And that is when Monkey Mind sneaks in.**



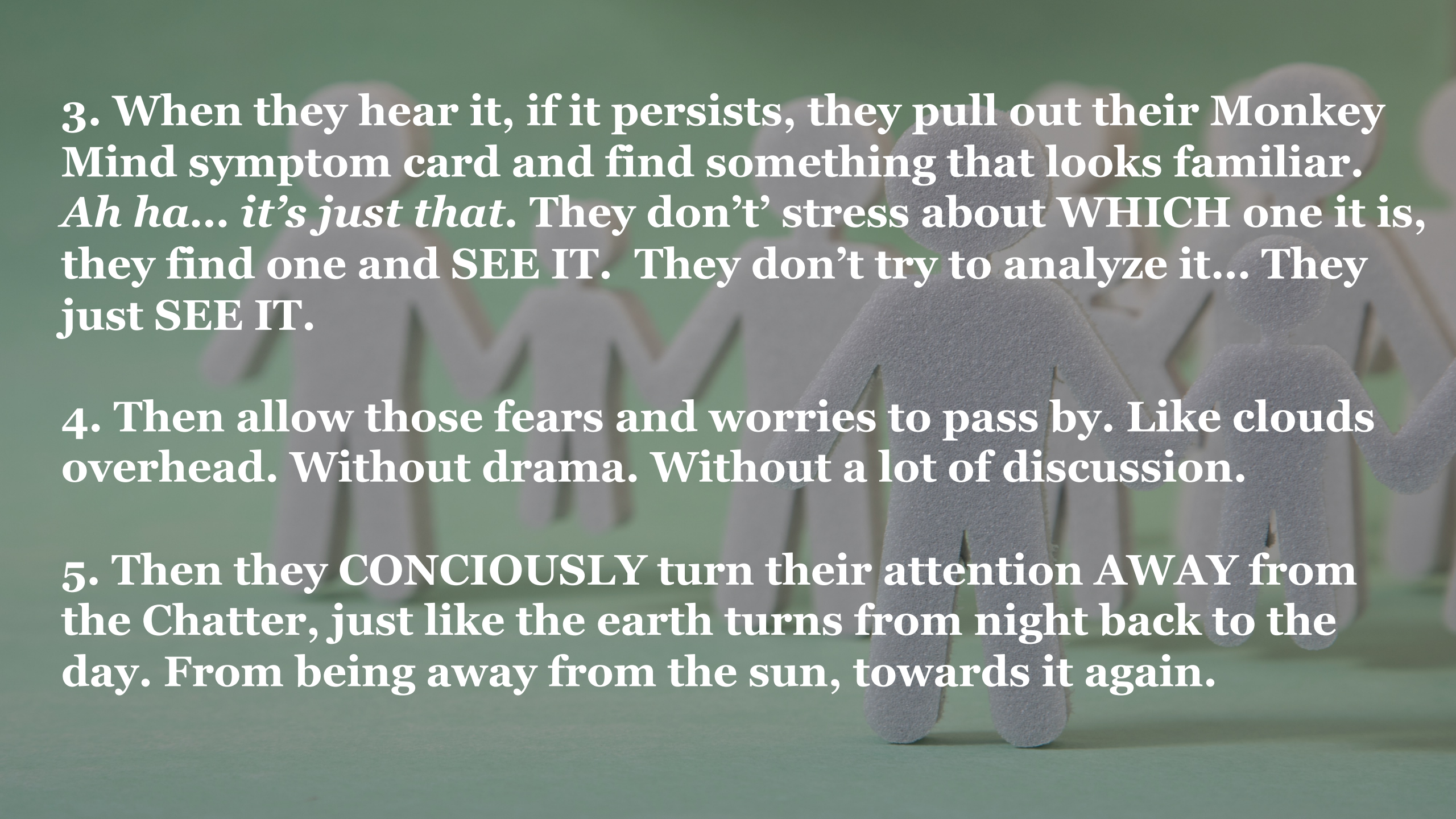
**So HOW do we handle the
Monkey**

around Money?

**How do we Dance with the
Monkey with clarity focus
ease and grace?**

**People who are Successful with Monkey Mind
are no different than you... Except for perhaps
these 8 things:**

- 1. They KNOW that Monkey Mind is normal.
They know that EVERYONE has doubts and
fears. It is inevitable as we work toward goals.**
- 2. They KNOW that it simply means they are up
to something big on the playing field of their
lives!**



3. When they hear it, if it persists, they pull out their Monkey Mind symptom card and find something that looks familiar. *Ah ha... it's just that.* They don't stress about WHICH one it is, they find one and SEE IT. They don't try to analyze it... They just SEE IT.

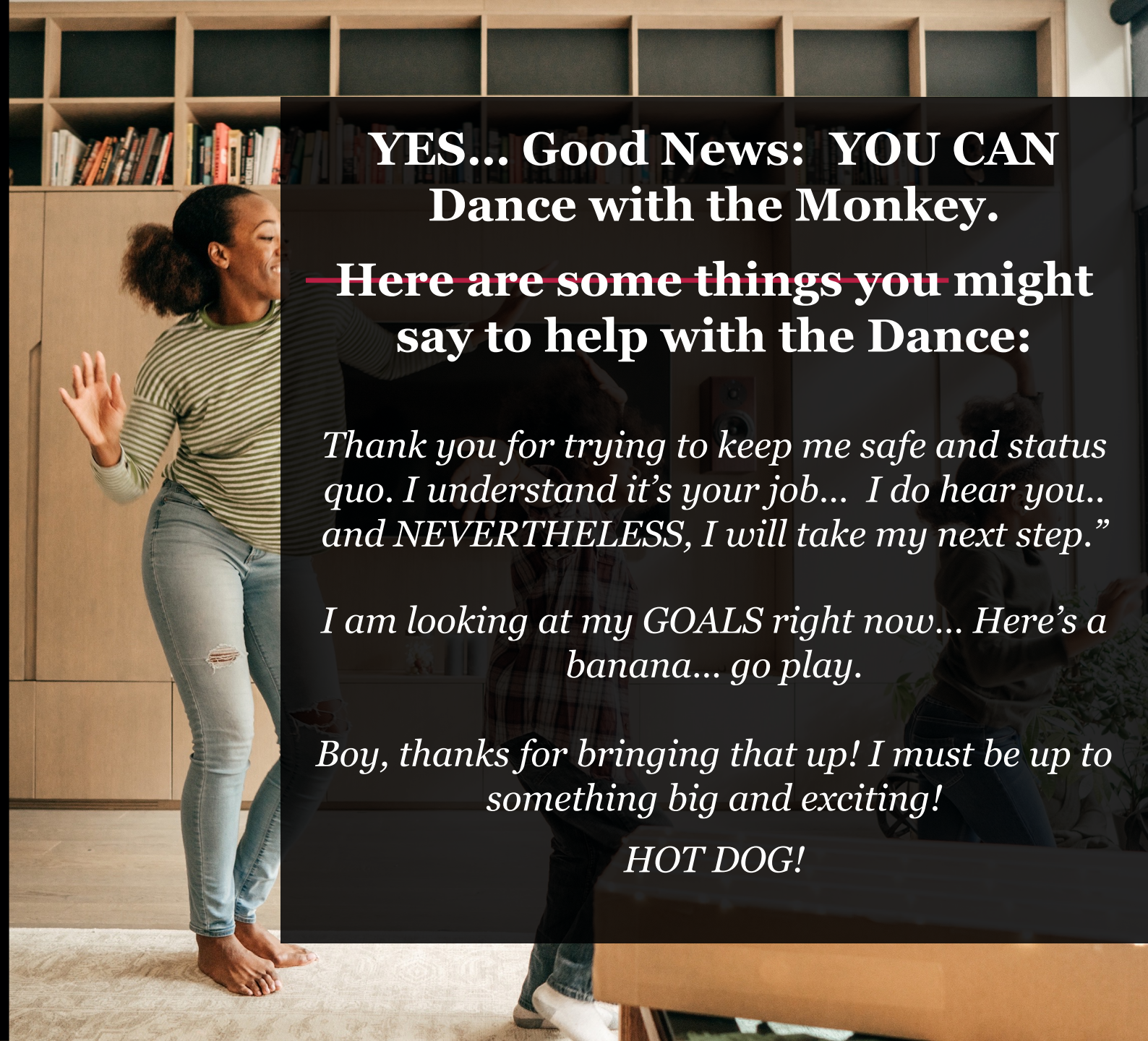
4. Then allow those fears and worries to pass by. Like clouds overhead. Without drama. Without a lot of discussion.

5. Then they CONCIIOUSLY turn their attention AWAY from the Chatter, just like the earth turns from night back to the day. From being away from the sun, towards it again.

6. They look see and tell the truth about the situation.

7. They *work* to lose interest at all in monkey... by consciously turn their attention toward their goals. They may LOOK at their goals whenever monkey appears.

8. And FINALLY... they take the next step forward. They move forward in the DANCE....



**YES... Good News: YOU CAN
Dance with the Monkey.**

**~~Here are some things you might
say to help with the Dance:~~**

*Thank you for trying to keep me safe and status
quo. I understand it's your job... I do hear you..
and NEVERTHELESS, I will take my next step."*

*I am looking at my GOALS right now... Here's a
banana... go play.*

*Boy, thanks for bringing that up! I must be up to
something big and exciting!*

HOT DOG!

You could also play the Dance Monkey SONG – *dance for me, dance for me, dance for me, oh, oh, oh* song by “tones and I” <https://youtu.be/qohyywkxfoq>



They say oh my God I see the way you shine
Take your hand, my dear, and place them both
in mine
You know you stopped me dead while I was
passing by
And now I beg to see you dance just one more
time

Ooh I see you, see you, see you every time
And oh my I, I, I like your style
You, you make me, make me, make me wanna
cry
And now I beg to see you dance just one more
time

So they say
**Dance for me, dance for me, dance for
me, oh, oh, oh**
I've never seen anybody do the things you do
before
They say move for me, move for me, move for
me, ay, ay, ay
And when you're done I'll make you do it all
again

I said oh my God I see you walking by
Take my hands, my dear, and look me in my
eyes
Just like a monkey I've been dancing my whole
life
But you just beg to see me dance just one more
time

Ooh I see you, see you, see you every time
And oh my I, I like your style
You, you make me, make me, make me wanna
cry
And now I beg to see you dance just one more
time

So they say
Dance for me, dance for me, dance for me, oh,
oh, oh
I've never seen anybody do the things you do
before
They say move for me, move for me, move for
me, ay, ay, ay
And when you're done I'll make you do it all
again

They say
Dance for me, dance for me, dance for me, oh,
oh, oh, oh, oh, oh, oh
I've never seen anybody do the things you do
before
They say move for me, move for me, move for
me, ay, ay, ay
And when you're done I'll make you do it all
again

Ooh
Woah-oh, woah-oh, oh
Ooh
Ah ah, ah

They say

Dance for me, dance for me, dance for me, oh,
oh, oh
I've never seen anybody do the things you do
before
They say move for me, move for me, move for
me, ay, ay, ay
And when you're done I'll make you do it all
again

They say
Dance for me, dance for me, dance for me, oh,
oh, oh, oh, oh, oh, oh
I've never seen anybody do the things you do
before
They say move for me, move for me, move for
me, ay, ay, ay
And when you're done I'll make you do it all
again
All again

Source: [LyricFind](https://www.lyricfind.com/song/tones-and-i-dance-monkey-lyrics)

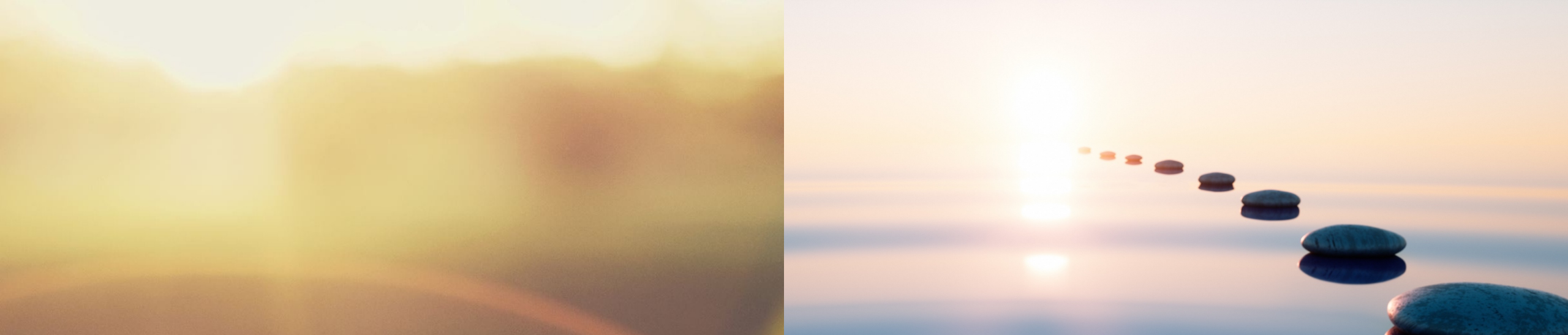
Songwriters: Toni Watson

Dance Monkey lyrics © Warner Chappell
Music, Inc

MORE GOOD NEWS!

In order to keep your water flowing to
the garden of your dreams,
*you do need to keep your money
in circulation.*

*Spending it wisely on things
that **SUPPORT YOUR GOAL...**
and with the energy of
enjoyment.*



The Definition of financial success: *Doing what you said you would WITH money consistently with clarity, focus, ease and grace.*

BE CLEAR about your Important Goal.

**Be clear about the STEPS TO TAKE around MONEY
to help you achieve it!**

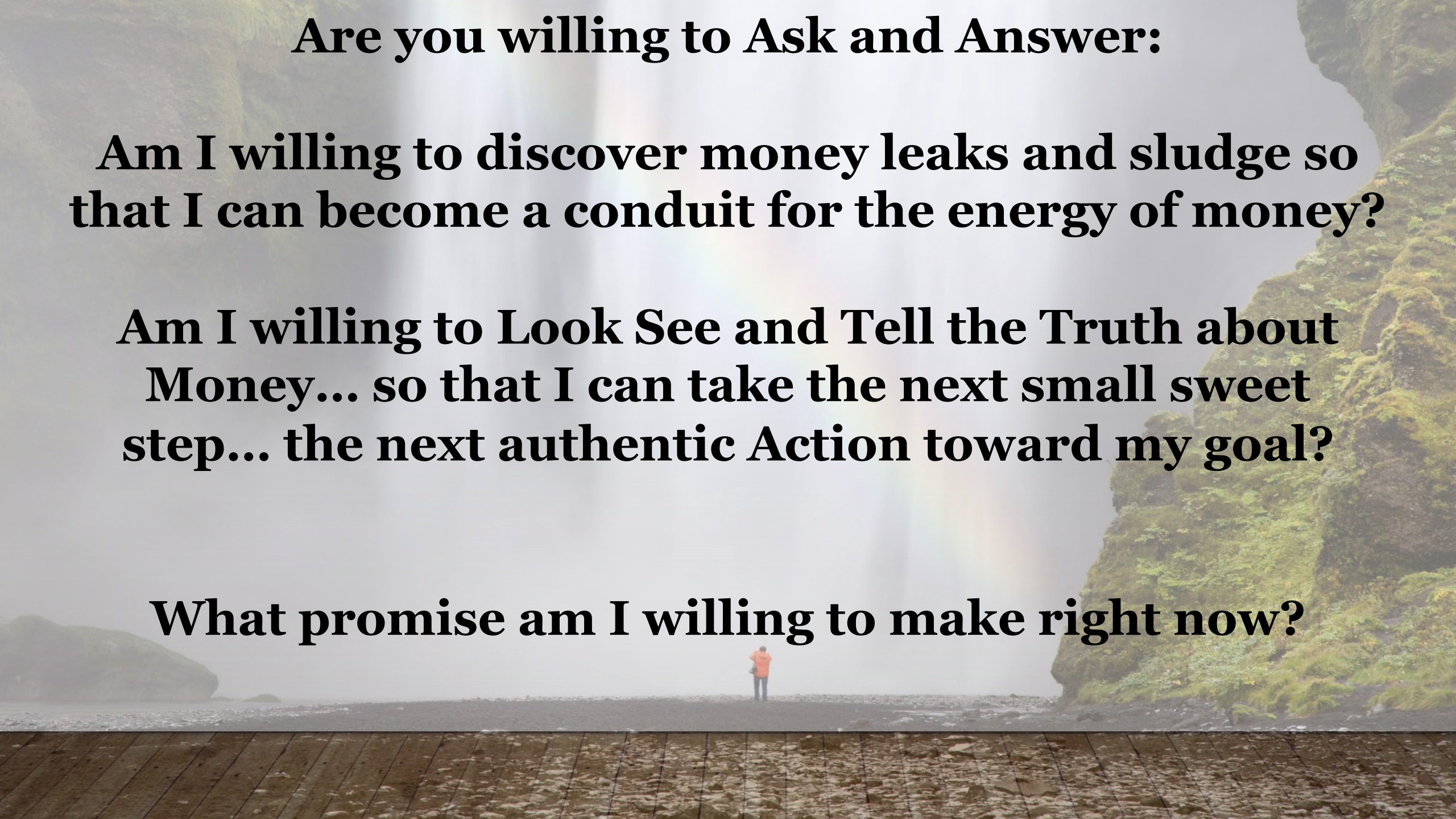
WRITE IT OUT.

Are you willing to Ask and Answer:

Am I willing to discover money leaks and sludge so that I can become a conduit for the energy of money?

Am I willing to Look See and Tell the Truth about Money... so that I can take the next small sweet step... the next authentic Action toward my goal?

What promise am I willing to make right now?



As we close:

- **Clarity** - Am I clear about what's important to me that Money can make a difference in my getting? Do I have a clear goal in mind right now?
- **Focus** – Am I willing to focus energy and attention toward that goal to the exclusion of everything else?
- **Ease** – Am I willing to do things the easy way with small sweet steps instead of running headlong into my goal - doing a lot but being too tired to enjoy it. And the other part of ease: Am I willing to get **SUPPORT**?
- **Grace** – Am I willing to experience gratitude for what's here right in front of me right now. **CELEBRATING** each step that I take?

Thank YOU for
being here.

Without YOU... I couldn't
fulfill MY GOAL to be a
successful Coach.

I appreciate you
supporting me to keep my
Money Energy Pipe OPEN
and clear.

