



Section 2: Conscious Rebellion

Exercise 3

This exercise helps you build awareness of just how many times you think about money in a day.

How Many Times?

Guess how many times money comes up in these situations each day. Record the number in the space provided.

In your thoughts

In your wallet

In your reading

In your conversations

In your dreams

On your Internet

On your radio

What's the truth?

For just one day, keep track of how many times money really comes up.

- In your thoughts
- In your wallet
- In your reading
- In your conversations
- In your dreams
- On your Internet
- On your radio
- All the time

Doesn't it make you wonder how you have time to do anything else? What would life feel like if it wasn't always on your mind?