**Historical Beliefs**

With regards to your area of focus in the workshop, answer the following questions:

1. Was your family prosperous when you grew up?
2. Did you see, experience prosperity around you as you grew up?
3. What did you see?

4. How do you think that shaped your life?

**Integrity**

1. Make a list of broken agreement that you have related to your area of focus. This can include anything current, or anything from the past that has not been resolved (i.e. an outstanding debt you never paid, a broken agreement with a friend, someone who owes you but never came through, etc.). Go back as far as you can recall.
2. Make a list of lies you have regarding your focus area (i.e. money you spent on things that you didn't tell your spouse about, lies you've told about the amount of money you actually make or how you spend your time, etc.). What is actually true about those things?
3. Next to each item, write down the feelings that you have next to each item,
	* The amount of money you really make *(embarrassment)*
	* Money you spent and withheld the truth about *(guilt)*
	* How you really spend your money *(shame)*
4. Now go back through the list and write down how by when you will clear this item up.
Ex: Tell your spouse the truth about money you've spent, make a new agreement to pay back a debt, write a letter to someone from your past who never paid you the money they owed, etc.

For people that you cannot access, look to see what might "complete" this integrity breach for you.

**Orange Exercise Debrief**

1. What did you notice about yourself during the game? What feeling or thought sticks out to you?
2. How was your attitude toward yourself? How was your attitude toward the “other representative”?
3. What instructions or encouragement did you give yourself before you started negotiations?
4. Did your strategy shift when you started negotiations? Why or why not?
5. How does the way you played mirror the way you play in life?

**Identifying Problematic Thinking**

1. Visual: How will you know that you are into your problematic thinking? What would you see? What would it look like in your life, if you had the same old thinking?

1. Audio: What kinds of things would you hear? What would you hear people saying to you? What would you hear yourself saying? What would you say about yourself (to yourself)?

1. Kinetic: How would it feel to be in the same old situation? How will you feel when you still don't have the prosperity you want? What emotions would it create? (Frustrated, disappointed, depressed, angry, resentful, jealous, unappreciative, blameful.) How will you feel physically? Really imagine this experience of no change in your life. How do you feel? What are the sensations?

1. Write down all the possible consequences of this choice, first the negative ones and then the positive.

**Choices**

1. Make a list of all the possible ways that you could generate greater prosperity in your life.
2. Now write down the one possibility you are avoiding and why you’re avoiding it.
3. Now circle the ones in #1 that are most interesting to you.
4. What would be required of you to pursue the possibilities you circled? What would you have to do?
5. What are the possible trade offs/costs/consequences of pursuing these possibilities?
6. What are the possible consequences of not pursuing these?
7. What is your choice? What will you do? Are you willing to accept all consequences, known and unknown, for this choice?

**Identifying Prosperous Thinking**

1. Visual: How will you know that you are prosperous? What would you see? What would it look like in your life, if you had the prosperity that you want?
2. Audio: What kinds of things would you hear? What would you hear people saying to you? What would you hear yourself saying? What would you say about yourself (to yourself)?
3. Kinetic: How would it feel to be prosperous? How will you feel when you have these things? What emotions would it create? (i.e. peaceful, relaxed, excited, joyful, content, afraid, etc.) How will you feel physically? Really imagine this experience of prosperity. How do you feel? What are the sensations?
4. Write down all the possible consequences of this choice, first the negative or problematic ones, then the positive.