

Vicki Robin - Your Money or Your Life

What You'll Discover in These 7 Weeks

Module 1: Money, Time and Stuff



Our first class lays the foundation for a new understanding of the world of things and how we relate to them. Benefits:

- Experience an empowering shift around money to every realm of your finances
- Illuminate how much time you have — and how you use it
- Identify your money personality and how it affects each area of your life

Module 2: How Much is Truly Enough?



Our second class provides clear frameworks for knowing what works — and what doesn't — for you to have that deep satisfaction called "enough." Benefits:

- Know what you really need to be happy based on your lifestyle and values
- Understand how you create unneeded stuff in your life — and shift that pattern!
- Let go of the things that don't serve you

Module 3: What Is Happiness and How Can You Have It?



The third class reviews the research on the inner and outer landscape of happiness, giving you a clear roadmap for aiming your life in that direction. Without this, life dries us. With clarity, everything we do or have is appetizing and easy. Benefits:

- Discover a simple — but not easy — formula for happiness
- Learn the whys (and wisdom) of happiness
- Uncover all of your wants and then discover what you *truly* want

Module 4: Why Are You Here?



Our fourth class takes us deeper into the aim of your life — who you want to be and what you want to do in your wildest dreams. We'll engage in a safe yet penetrating inquiry into what you truly want at the level of meaning and purpose. Benefits:

- Explore the facets of your purpose in life, including your goals, aims and values
- Know what serves your highest purpose — and how to have that!
- Get what you want by knowing what to discard

Module 5: Are We Having Fun Yet?



In our fifth class we'll go where spiritual teachings often don't: pleasure. Enjoying ourselves provides juice for life, for change and, yes, even for service. Have you had enough of killing yourself for a cause? I know I have! Yet our work can be even more powerful when we take pleasure in it. Benefits:

- Learn to savor the pleasure of life as it is
- Take a break from desiring things to *enjoying* what you already have
- Identify what truly brings you pleasure, recognizing that anything short of pure joy isn't worth having

Module 6: Multiplying Your Options



By class six we are ready to play with our goals, purposes and dreams and find many resource-full ways to have *everything* we truly want. Possibility-storming, mind-mapping,

“yes-and” games, idea-bouncing, body and journal and post-it practices, sharing-tools and many actions your mother told you not to do will be the subject — and process — of the class. Benefits:

- Learn techniques, strategies, approaches, tricks & tips for multiplying your options
- Tap into our collective genius

Module 7: Living a Life of True Abundance



A life that is abundant in everything that matters most takes courage, commitment and support. In this class we'll complete our journey together with lifelong tools for having a healthy and THRIVING relationship with money, time, stuff and everything else in your life. Benefits:

- Create your master life plan that includes “life-permitting” activities
- Establish empowering support for your dreams
- Live your life with greater balance, ease and meaning

What People Say About Vicki's Work

“My friendship with Vicki and her ideas of financial independence and conscious consumption changed my life, liberated me from the money chase and unleashed my courage and creativity.”

— **David Korten**, economist & author of *When Corporations Rule the World*

“This is just the book we need now — to free ourselves from fear and to liberate our real energies... Robin is our savvy, compassionate guide.”

— **Francis Moore Lappe**, author, *Diet for a Small Planet*

Vicki Robin entered my life at exactly the right time. After decades of striving for achievement and accumulation, I was searching for more meaning. Vicki taught me that the

key to “more” is actually “less.” Doing less, consuming less, worrying less. Finding the quiet place that represents “enough” for me. What I love about Vicki is not only does she walk her talk, she’s also realistic about the challenge of change. She recommends small steps that feel right for you. She won’t ask you to completely transform your life, although you may just find that you do!

— **Barbara**

I took the course with Vicki because I kept saying I wanted balance in my life and I couldn’t figure out how to make it happen. By tracking my time and money while pondering her encouraging words, I came to see exactly where I was leaking time, energy and money and made pretty radical but simple changes almost spontaneously. I now have balance and my debt is slowly being paid off. I spend time with people I care about, take care of myself well, and I focus my work energy towards goals that are really in alignment with my purpose. Vicki is encouraging, practical and validating. We all have enough inner critic about our finances or out of control lives. She helped me figure out how to create balance and alignment in my life without guilt or shame.

— **Kay Taylor**

Setting my spending and use of time to align with my values has been powerful and freeing, as has living a debt-free life. Vicki gets to the heart of what is ultimately important...how we choose to use our life energy. Thank you, Vicki.

— **Jan Johnson, Trenton , ME**

Vicki’s presence was a weekly comfort to me as I gently examined my life and it’s many facets. I was able to make the changes that I most needed to, because of her refreshing guidance. As a result, my time is cherished (and protected) more than ever.

— **Suzanne K. , California**

Vicki brings fun and creates a safe atmosphere where participants in her course can reveal themselves without fear of being judged. No shame, no blame.

— **Dr. Dexter Nardella , Indianapolis, IN**

About Vicki Robin



Vicki Robin is the coauthor of the international best seller, *Your Money or Your Life* (5 years on the Business Week list) and is a leading voice for sustainable consumption. She was featured as one of 61 Visionaries by Utne Magazine, named the “prophet of consumption downsizers” by the NY Times, has received awards from Sustainable Northwest and Green America, and has appeared regularly for 20 years in the media including Oprah Winfrey show, NPR and PBS specials as well as over 1000 other media stories. She is a member of a community choir and an improvisational theater troupe on Whidbey Island Washington.