



## Facilitating the Mindfulness Practice

### 1. Alignment - How Are You Doing?

- a. What did you notice about your mindset between sessions?
- b. Did new things come up that we need to consider?
- c. Aside from the normal things, what would you like to cover in the session today?

### 2. Synchronize - Accountability vs Intention

- a. Check in on Commitments - *Did you do what you said you were going to do?*
- b. Any urgent matters? - *Update the spreadsheet accordingly.*

### 3. Strategize - Check in with the Truth

- a. Process Inbox
- b. How's the Plan Coming? - *How close are you to having your expenses set to fixed? Are there some we can make fixed now? If so, add that to your follow-up.*
- c. Note Cash Flow - *Did you have positive or negative cash flow this Mindfulness Practice? Note how this has compared to previous Mindfulness Practices.*

### 4. Monetize - Pay Stuff and Relish in What's Left

- a. Pay Upcoming Expenses - *Pay any bills that are coming up. The software will recommend the payments that are due.*
- b. Contribute to all Savings - *Set up transfers to each of your savings accounts as directed by the software.*