

<p><b>FF101 - Freedom Flow Your Finances</b> (Love based economics vs Fear based economics) <b>Module # 4 Financial Basics in Freedom Flow</b></p>
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**Module Description:**

We each experience our relationship with “finances” uniquely. In this module, we consider a reVisioning of perspective through the principles of Freedom Flow. Then, our practice of the five basic states of flow invites us to explore and expand abundantly.

**Essential Question:**

How can we revision our budget so that it serves us more effectively?

**Begin:**

**It's a good day!**

List 3 good things about today. (Make this a daily practice during this module)

**Learn:**

**[Review this week's session](#)**

This is an opportunity to review a recording of this session. (Link will be activated when recording becomes available).

**What is my experience with “budget”?**

Using 1-3 words, phrases or sentences: Reflect on your past/current experience with the word “budget”.

## Apply:

### Activation: My “Receiving Flows”

A) Track your receiving flows (preferably over several days to several weeks). Make a note of what “flows to you”. Look beyond traditional resources such as money and gifts. Include both tangible and intangible inflows. See if you can identify examples of each “type” of receiving flow.

***What did I receive that I expected?*** (ie. Wages, benefits, consistent relationships etc.- Current, predictable, it's present and part of your history, what your used to, comfortable, known)

***What did I receive that I did not expect (i.e. unexpected)?*** (ie, Gifts, good luck, blessings etc.- surprising, can happen at any time, I can't count on this, It may not be money or finances, sometimes comes thru my hand but often thru the hands of others. Its value/consequence is variable “it's beauty is in the eye of the beholder”)

***What did I receive that I anticipated?*** (i.e. Growing vegetables in my garden, posting encouraging message on social media, taking a course to learn new skill - often future based, in development, in process, requires faith, (in future) trust in other, outcome is often predictable but not guaranteed)

***What did I receive that I did not anticipate (i.e. unanticipated)?*** (ie. A “long lost” aunt leaves me \$10,000, a “random meeting” that develops into lifelong love relationship - Less predictable, beyond what I planned, predicted, maybe even imagined, often can only “see” this in hindsight. When looking forward this is faith and hope in unseen, even beyond anticipated, “I didn't see that coming ”)

*B) Observe yourself. What, (if anything) “comes up” (ie. ideas, thoughts, feelings, emotions) when you engage in identifying these various “receiving flows” is activity?*

## Reflect:

### Journal your process

Each week, you will be journaling about the concepts you are learning throughout the course. This is for your personal benefit. This writing is not meant to be formal but should reflect your thoughts about and interactions with course concepts. The idea here is to provide an opportunity for you to review the content while creating a personal “resource” for your continued reflection and growth.

Your journal entry for each module should reflect the following components:

- **A summary of any readings or activities:** Be sure to capture the big ideas from this module. (You might call these your “Cliff Notes”).
- **Insights you want to retain:** Record anything you found particularly interesting and useful. (You might call these your “Take Away Points”)
- **Applications for insights:** Share how the insights you recorded can be used or applied in your “real life experience. (you might call these your “Highlights” or “Ah-Ha’s”)

Consider adding to the same document each week to build your journal. Make each module a unique entry with a header. You will have the opportunity to revise and reflect on your growth as you progress through the course.

***Do you have thoughts or insights that you would be willing to share with the group? Please share them [here](#).***

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**Reference Materials**

**ReVision Budget to State of Flow (Worksheet)**

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**Practicing the 5 Basic States of Flow**

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**ReVision Budget to State of Flow (Worksheet)**

**ReVision -**

	<b>“Budget”</b>	<b>“State of Flow”</b>
Nature		
State		
Focus		
Perspective		
Mindset		

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## ReVision Budget to State of Flow (Reference Sheet)

**ReVision - To see with a new “Vision” (through a new “lens”).**

	<b>“Budget”</b>	<b>“State of Flow”</b>
Nature	Snapshot	Movie - A “moving picture” of my state of flow
State	Static: “I can’t “budge it”	Status in flow:    Movement - nature of “currency”
Focus	Focus on Individual self-centered, self-focused individual “holds/controls”	Focus on individual’s part/role in collective  self-centered but “other aware” individual “flows/directs”
Perspective	Negative, limitations  What I can’t do	Positive, potential  What I can do
Mindset	Lack - there is not enough now  limited	Abundance - there is always more flowing,  limitless

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**Practicing the 5 Basic States of Flow**

**Freedom** - (Expansion)

**Flow** - (Movement in Relationship)

State of Flow (finger)

1. \_\_\_\_\_ (\_\_\_\_)

2. \_\_\_\_\_ (\_\_\_\_)

3. \_\_\_\_\_ (\_\_\_\_)

4. \_\_\_\_\_ (\_\_\_\_)

5. \_\_\_\_\_ (\_\_\_\_)