

Good Money Alchemy Mutual Support Calls

We encourage you to seek each other out and organize yourself into diads or triads (*pairs or pods*) so you can continue to integrate and implement your Good Money Practices + Plans!

These calls are for YOU so make them your own. I'm sharing a general approach that can help to create a container that is effective and encouraging for all participants, without any one person needing to lead or be the sole holder of the calls.

One of the benefits of coming together this way is the natural co-regulation that occurs when warm, friendly, invitational connection happens. In other words coming together in a friendly way to do our money work is good for our nervous system and THAT is good for our business.

Try on the following suggestions and check in with each other – what's working? What might work even better for you both/all? Practice curiosity, presence, and authenticity and enjoy yourself!

Schedule an intro call:

1. Introduce yourself; proudly name your work in the world, share your intention for the program. Even if you've met before or heard these things in the group, it's great to say it again and to hear each other again!
2. Share what it's like to be pairing up like this. What emotions, sensations, or thoughts are surfacing?
3. Name what you'd most like to get out of these calls, how often you'd like to meet, for how long, and if you have any access needs or other things your partner(s) should be aware of.
4. Decide how you'll keep in touch in between - would you like to touch base in between calls or prefer to use in between communication only for logistics? How do you want to communicate - phone, email, voxer, marco polo or other app?
5. Share how you'd love to feel at the end of your time in Good Money Alchemy, and consider how these calls can help you get what you came for.
6. Decide if you would like to integrate an opening or closing ritual into your calls? Examples: begin with a poem, joke, silly meme, blessing, or breath practice – end with a dance party, celebration declaration, or virtual high five or hug. (*take turns who leads or brings the share*).

Following Calls:

1. Start by naming a feeling (*sensation or emotion*) you're coming in with (*basic body things like hungry count!*).
2. Set your intention for the call – what will feel like success at the end of the call?
3. Celebrate your current GMA wins!
4. Share what you're finding challenging in your money work right now, and what will help you right now.
5. Ask for anything you want support or accountability with.
6. Name anything else you want to thought partner or have witnessed.
7. End with your completion practice that you chose.

Things to remember:

- Hold each others stories and shares in confidence
- Ask for what you need –
 - Witnessing (to be heard and seen without advice, fixing, or feedback)
 - Thought partnering (to grapple together with a challenge or quandary you're holding)
 - Feedback (insght and reflections on something you're working on or with)
- Create a culture of encouragement by celebrating the big, the small, and everything in between!!!