

Graphic 1: An Integral Approach

from

The Pursuit of Time & Money

Step into Radical Abundance and Discover the Secret to a Meaningful Prosperous Life

by Sharon L. Spano, PHD

An Integral Approach to Time, Money, and Stewardship

	Interior	Exterior
Individual	<p>UL: How I <i>think</i> about my time and money.</p> <ul style="list-style-type: none">• What are my beliefs about time? About money?• What are my personal values about time and money?• What emotions, thoughts, or feelings arise in me when I think about time? About money?• How do I determine if I have enough time and money?• If I had unlimited time and money, what would I do with it?• What do I believe to be important about time and money?	<p>UR: What I <i>do</i> with my time and money.</p> <ul style="list-style-type: none">• Where is my time and money currently spent?• What outcomes are achieved as a result of this?• What is accomplished by my time and money?• How do my actions reflect my values about time and money?• What would I like to do with my time and money that I'm not currently doing?• How does my time and money contribute to my overall well-being and health?• What do I do, or not do, with my time and money?
Collective	<p>LL: How I <i>experience</i> my time and money in relation to others?</p> <ul style="list-style-type: none">• What impact do I want to have on others through my use of time and money?• How do I currently collaborate on collective projects that require my time and money?• What collective outcomes or contributions are made as a result of my time and money?• How do I determine where my time and money is spent or invested?• Who helps or supports me in how I manage my time and money?	<p>LR: How I <i>plan</i> for my use of time and money?</p> <ul style="list-style-type: none">• What frameworks are in place for long-term planning of my time and money?• How do I examine and measure outcomes with respect to my use of time and money?• What patterns do I see that are satisfactory with respect to how I utilize my time and money?• What may need to change?• To what degree do I contribute my time and money to help solve local and global problems?