Your Money or Your Life
Transforming Your Relationship with Money

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Author, Your Money or Your Life

Joe Dominguez, developed the program in the 1960’s. His education went from growing up in the slums of New York to the offices of Wall Street. Along the way he developed practical hands-on steps to integrate timeless financial wisdom into everyday life. He died in 1997, but YMOYL lives on! Joe's teachings are still provided at www.soundstrue.com.
Vicki Robin, has lectured widely and appeared on hundreds of radio and television shows, she has also been featured in print media of all kinds. *The New York Times*, has referred to her as the prophet of “consumption downsizers.” Vicki blogs regularly at [www.yourmoneyoryourlife.org](http://www.yourmoneyoryourlife.org).
Randall Loop, is highly familiar with financial desperation. He went bankrupt in the recession of the late 1980’s and navigated several personal crises afterward. In 1997 he began to gain a measure of success at living his values financially, but until 2004 he remained just shy of his “Goldilocks Point” – as he calls it. In 2004 Randall discovered the YMOYL Study Course through Simply Living (www.SimplyLiving.org) of Central Ohio and, as a result of living the 9 simple steps, he paid off nearly $20,000 in credit card debt, developed savings and bought a small house in south Columbus. Since 2006 he has led study groups, coached individuals and is now producing a Webinar version. Visit www.randallloop.com on the web.
Your Relationship with Money

How would you rate your current relationship with money?

- **Very Comfortable** (solid, consistent, dependable, free from worry, little or no time devoted to acquiring and managing it)

- **Comfortable** (pleasant, easy, few worries, an acceptable amount of time devoted to acquiring and managing it)

- **Neutral** (normal, an average amount of time devoted to acquiring and managing it)

- **Stressful** (clouded with persistent feelings of fear, worry, deprivation, hopelessness; no matter how much time devoted to acquiring and managing it, it’s never enough)
Would you like to...

- Have more clarity about money
- Feel more in control and empowered about money
- Reduce expenses nearly 20 percent within 6 months
  - Get out of debt faster than you thought possible
  - Live within your means and develop savings
- Begin to highly value the use of your Life Energy
- Get to the point where you can choose the type of work you do
  - Link your deepest planetary values and your finances
- Reconnect with a greater meaning and purpose in your life
- Increase and Experience more FULFILLMENT in your life

If you answered Yes to even one of these, YMOYL is for you!
The Fulfillment Curve

- **Survival**: Basic needs that keep us save and healthy.
- **Comforts**: Making life easier, fashionable, fun...etc. We learn more
- $ = more fulfillment.
- **Luxuries**: Moving beyond survival/comforts into buying happiness, status, position...etc. MUCH MORE!
- **Clutter**: Store, learn, maintain, fix, make payments, protect, feel guilty about, upgrade, sell it...GLUTTONY!
- **ENOUGH Point**: When is Enough, Enough or Satisfaction Achieved?
- **RIP**: When will you rest in peace?

**Time and Space the Final Frontier!**
Goldilocks Knew Her – Just Right Point

It takes certain Skills and Qualities to know...

• How to reach Enough
• How to recognize when you’re Just Right
• How to stay near that peak Fulfillment, without falling back into deprivation or down into gluttony.
• How to value the use of our Life Energy ENOUGH to Enjoy Life NOW!

Your Money or Your Life
9 Steps to that Empower you with Skillful - Qualities leading to Your Enough Point and the Feeling of JUST RIGHT!

YMOYIL Introduction
The YMOYL Program

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These practices interconnected, each one important to the whole.

YMOYL Introduction
Previous Participants Comments

“It can really change your life.” - Oprah Winfrey, Talk Show Host

“It should be required reading for everyone.” – Bernie Siegel, MD

"I no longer have the fear I had about money, I know where it is." - TM

"I loved getting another way to look at money, as a way I use life energy." - RO

"I feel bigger than my money issue, I can look at it rather than avoid it." - ML
BEGIN YOUR JOURNEY TODAY

YMOYL Book: Begin changing your money relationship by reading the Your Money or Your Life book.
• FREE at Public Libraries, the SL Lending Library (limited) or from a Friend
• YMOYL Book Cost $8.00 - $12.00 at (Simply Living Online Books) and other outlets

YMOYL Study Guide & Samples Kit: Enhance your journey with the 56 page YMOYL Study Guide. It offers broader understanding of each of the 9 Steps, will assist those who would like a discussion guide to use with others and usable for individual study. Use the Step Samples to easily begin coming into awareness of your relationship with money.
• Study Guide & Samples Kit Cost $20.00, Provided as a PDF Printable Download.

WEBINAR Course COMING Soon
Delve even deeper into your Money Consciousness using the Webinar Course featuring Randall Loop, YMOYL Facilitator since 2006. It will feature the Study Guide and Step Samples offered above. There will be Guided Introductions to each of the 7 Sessions and the optional Extra Session. Randall shares his personal journey and realizations as he travels through each of the Sessions. Listen and View the Webinar Online via your Computer or Listen Only via Telephone. Complete the Webinar Course on your own or with others (MORE FUN)! The purchase cost is yet To Be Announced/TBA.

YMOYL Introduction