

Cultivating Contentment and Generosity Workshop

Workshop Outline

1. Session 1 – “What Brings us Together?” 9:00 to 9:30 AM
 - Introductions
 - Song – “Late for Your Life” – Mary Chapin Carpenter
 - What Money Can and Can’t Do
 - Poem – “Everything is Waiting for You” - David Whyte

2. Session 2 – “What’s Really Enough for Me?” 9:30-11:00; Break:
11:00 – 11:10; 11:10-12:30
 - Song – “Gaia” – James Taylor
 - Review of Checklist of Information to Bring to the Seminar
 - Preview of “The What’s Enough?” Worksheet
 - Complete “Ten Steps to Calculating “What’s Enough?” for You
 - Review of the *Self-Sufficiency Standard for Colorado 2004: A Family Needs Budget*
 - Complete “Financial Information Summary Sheet”
 - Complete the “Am I Saving Enough to Retire?” Worksheet
 - Song – “Money Made You Mean” – Indigo Girls
 - Review the “My *Balance Sheet*” Worksheet
 - Session Summary

3. Session 3 – “What Cultivates & Sustains Contentment and Generosity?” 1:00 – 2:00
 - Song – “Thank U” – Alannis Morissette
 - Kahlil Gibran on Giving
 - Robert Johnson on Contentment

4. Session 4 – “Where Does My Heart Long to Give?” 2:00-2:45
 - Song – “Blowin’ in the Wind” – Peter, Paul, and Mary
 - Guided Meditation
 - Opportunities for Sharing – Locally
 - Opportunities for Sharing – Globally
 - Tips on Giving
 - The Enoughness Pledge”

5. Workshop Evaluation – 2:45-3:00