

“Find a strategy for making enough money so you can live a comfortable lifestyle. Be strategic in your dealings with bosses, co-workers, and clients. Say your truth in safe places, and navigate the world with care. There are many traps and tyrants out there. Be careful about your choices and actions. Pay attention, be mindful, and be accountable. Live in integrity. In safe places, vent whatever feelings you wish to vent. Make sure you have quiet time away from the stress of the world.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share what you learned growing up about money from you parents and community.**
- 2. Tell a story about a time you said “no” or “not now” to a boss, teacher, co-worker, parent, friend, child, or other person.**  
(How did it feel at the time?)
- 3. Share about a person you trust to share your feelings with. What makes this person special to you?**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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