

BANK OF LIFE

Materials: Large cardboard box (For ATM machine), “ATM card” printed on heavy paper or cardstock, play money with no dollar amount, pens and coloring supplies.

Focus: Trust in the universe to provide us with what we need

Procedure:

1. Open with a treatment
2. Pass out ATM cards. Ask everyone to think of an affirmation about themselves and to write in on the back of the ATM card. This will be their PIN number. After they write the affirmation on the card ask them to sign the back of the card as well, to seal in the PIN number.
3. Pass out blank money and ask them to assign a value to the money in the form of a blessing (i.e. love, peace, creativity, health, etc.) Use coloring supplies to decorate the money. They can decorate as much money as they can in the time allowed and everyone must decorate at least one piece of money.
4. One at a time, everyone will state their PIN numbers and deposit their money into the bank (advisor sitting inside of cardboard box to take money.)
5. Have a short discussion on what each person would like more of in their life. Also talk about the metaphor of the bank and deposit/ withdrawals.
6. One at a time, each person goes back to the ATM and states their PIN and the affirmation “I trust that the universe provides me with all I need.” The ATM will give them back some money (advisor in box gives out money) The person may or may not get the same money they deposited.
7. Discuss what the bank gave everyone and why they think they might have gotten that.
8. Close with an appreciation circle.

Created by Traci, Heather, Vince, Whitney and Drew at the 2003 Advisor Training