



Southern Minnesota Section Newsletter

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Voluntary Simplicity for Technical Workers

By Jonathan Allan

Many people in the USA suffer from overwork, job-related stress, a feeling of spiritual uprootedness, a seemingly unfulfillable desire to quit working or cut back time on the job, a fear of the damage we are doing to the environment around us, and/or time famine. Research on the American Dream reveals that the average American actually suffers from the American Nightmare *affluenza*, the insatiable desire for more, More, MORE. Often at the root of this suffering is a dysfunctional relationship with money.

In recent years, the Voluntary Simplicity movement has snagged peoples' attention with best sellers like *Downshifting*, *Affluenza*, *The Overspent American*, and *Your Money or Your Life*. Come listen to the key ingredients for transforming your relationship with money, based on the principles and tools found in *Your Money or Your Life*, written by Joe Dominguez and Vicki Robin. We'll take a quick tour of the first four tools (of nine) for revamping how you perceive your money, time, and life energy. We'll talk briefly about each of the following concepts:

Financial Intelligence – When you know exactly how money is moving through your life;

Financial Integrity – When your money is moving in accordance with your core values;

Financial Independence – When you can leave paid employment forever.

While the focus of the talk is on the first two "FI's", along the way we'll discuss some aspects of Voluntary Simplicity (the subject is way too big to cover completely). You will leave with a discipline for finding out what "enough" means for you and your family (technical workers usually find this easy). You will have a method for calculating your Real Hourly Wage (not what shows up on your pay stub). You may find you can retire on far less than you think you need (potentially accelerating your retirement from full-time work). We will discuss some of the stumbling blocks folks seem to hit.

This talk will be a stripped-down version of the three-hour class, "Practical Steps to Financial Independence", which Jonathan Allan teaches through Community Education in the fall. More information on the concepts can be found at these web sites: www.simpleliving.net, www.fiassociates.org, www.newroadmap.org, and www.newdream.org. Please bring a blank, formatted IBM-compatible 1.44-MB diskette to trade if you want supplementary information.

IEEE Section Meeting

Jonathan Allan, Mayo Foundation

Voluntary Simplicity for Technical Workers

Monday, March 18, 6:30 pm
Mayo Medical Sciences Building
(321 3rd Avenue SW, Rochester)

☞ Pizza at 6:30; Meeting at 7:00 ☜

Jonathan Allan is a lead software engineer in the Division of Engineering at the Mayo Clinic. He has a master's degree in software engineering from the University of St. Thomas, as well as a bachelor's degree in computer science.

He has been a member of the IEEE Computer Society since 1988. He is also a member of the America Society for Quality. He holds both the IEEE Certified Software Developer and the ASQ Certified Software Quality Engineer designations.

A volunteer for FI Associates, Jonathan has been using the nine tools for over five years. He is debt-free (including mortgage paid off) and on his way to retiring early – should he choose to do so.



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