

BOOK 6 · THE TRANSFORMATION SERIES

B O O K C L U B D I S C U S S I O N
G U I D E

The Currency You Trade In

What You're Really Paying With (And What You're Really Buying)

W o r t h · E x c h a n g e · A u t h e n t i c i t y ·
A b u n d a n c e · R e l a t i o n a l E c o n o m i c s

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"The exchange rate you accept teaches the world what you're worth. This guide is where your group raises the rate."

How to Use This Guide

This guide contains 41 questions organized into thematic sections, plus 5 experiential exercises designed to move the conversation from your heads into your lives. You will not get through all 41 questions in one sitting — and that's the point. Use the questions that pull at something. Skip the ones that don't. Come back to the ones that made someone go quiet.

This guide works best when the group has agreed to three things: radical honesty, generous listening, and confidentiality. What is shared in the room stays in the room. What is heard in the room can change a life.

A N O T E T O T H E F A C I L I T A T O R

Book 6 is the most intellectually electric discussion in the series — because it reframes every relationship and interaction as an economy, which some people will find clarifying and others will find disturbing. Both reactions are correct. The goal of this guide is not to make everyone transactional — it's to make everyone conscious. Conscious of what they're spending, what they're receiving, and whether the exchange is honest. Watch for the moment in your discussion when someone realizes: 'I've been paying full price for something worth nothing.' That moment of recognition is everything.

Opening: The Economy of Your Life

- 1 Before this book, had you thought about your relationships and interactions as economic exchanges? What shifts when you apply that lens?
- 2 The book identifies multiple currencies beyond money — time, energy, emotional labor, authenticity, creative power, peace of mind. Which of these currencies are you most chronically depleted of right now?
- 3 Where in your life are you spending more than you're receiving? Where are you receiving more than you're giving? How does each imbalance feel?
- 4 The book argues that resentment is your receipt — proof that you made a transaction you didn't agree to. Where is your resentment pointing right now?
- 5 Has anyone in your group done a genuine currency audit? What did it reveal?

Part One: The Currencies You Give Away Free

- 6 The book distinguishes between generous giving (from fullness) and self-abandoning giving (from scarcity). Which one characterizes most of your giving? How can you tell the difference in the moment?
- 7 What do you give away for free — energetically, emotionally, professionally — that you should be charging for? What stops you from valuing it correctly?
- 8 The book asks: what have you been offering as a free currency that you actually need to receive yourself? What is your answer?
- 9 Growing up, what did you learn about giving and receiving? Were you taught that giving was virtue and receiving was selfish? How does that conditioning show up in your adult relationships?
- 10 What would change in your closest relationships if you stopped giving from depletion and

started giving only from fullness?

Part Two: The Performance Tax

11 The book argues that inauthenticity is expensive — that performing costs more than being. Where are you currently paying the highest performance tax?

12 What are you most afraid would happen if you were completely authentic — no performance, no editing — in your most significant relationships?

13 The book talks about the wrong people who arrive when we perform — people attracted to the performance, not the person. Has that happened to you? What has it cost you?

14 What truth are you currently suppressing to maintain a performance? How long have you been maintaining it? What is it costing?

15 The book suggests that authenticity, while terrifying, is ultimately cheaper than performance. Has anyone in your group tested this? What happened when they chose the real over the polished?

Part Three: What You're Actually Buying

16 The book's most confronting question: what are you BUYING with your people-pleasing? Safety? Approval? Belonging? The illusion of control? Is it worth the price?

17 The book argues that what we overpay for reveals what we most fear losing. What does your overpaying reveal about your deepest fears?

18 Where are you accepting counterfeit currency — approval that doesn't feel like love, attention that doesn't feel like care, loyalty that comes with conditions?

19 What would you stop spending on immediately if you truly believed in your own worth without needing external validation?

20 The book ends with the concept of reallocating — taking all the currency you've been spending on maintaining others' comfort and redirecting it toward your own becoming. What would that reallocation make possible?

Part Four: The New Exchange Rate

21 The book ends with a challenge: raise your rates. Not your fees — your exchange rate. What does your new rate look like?

22 What relationships in your life would survive a rate increase — because they have always been paying for the real you? Which ones wouldn't — and what does that tell you?

23 The book says that when you raise your rates, some people leave. And that is information, not rejection. How does your group feel about that reframe?

24 What do you need to believe about your own worth to charge the new rate without apologizing or discounting?

25 Write your new exchange rate out loud for your group: 'I offer _____. I require _____. I no longer accept _____.' Let your group witness it.

26 What is the single most important thing this book has shifted in how you see the transactions of your daily life?

Experiential Exercises

The best book clubs don't just talk about the book — they live it, together, in the room. These five exercises are designed to create exactly that: moments of genuine transformation that happen not in solo reading but in collective experience. Choose the one or two that feel most alive for your group, or work through all five across multiple sessions.

Exercise 1 of 5

◆ THE FULL CURRENCY AUDIT

Before your meeting, each member maps out every significant expenditure of the past week: time, energy, emotional labor, authenticity, creative power. Next to each, write what you received in return. Bring your map to share. Discuss: where are the biggest gaps between what you're spending and what you're receiving?

Exercise 2 of 5

◆ THE RESENTMENT RECEIPT

Each person writes down their current resentments — not to wallow, but to decode them. For each resentment, ask: what transaction did I make that I didn't agree to? What was I trying to buy? What did I actually receive? This exercise can be done privately with only findings shared.

Exercise 3 of 5

◆ THE 'WHAT AM I BUYING?' DECODE

Each member identifies one pattern of over-giving, people-pleasing, or self-abandonment. Then decode it together: 'When I do ____, I am trying to buy ____. The actual cost is ____. The actual return is _____. Is this trade worth it?' Let the group help with the decoding — we often can't see our own transactions clearly.

Exercise 4 of 5

◆ THE RATE CARD

Each person writes their new 'rate card' — what they offer, what they require in return, and what they no longer accept. Make it specific. Not 'I deserve respect' — but 'I no longer accept calls after 9 PM from people who only reach out when they need something.' Share your rate cards with the group. Let them be witnessed.

Exercise 5 of 5

◆ THE REALLOCATION EXERCISE

Each person identifies one place they are chronically overspending (a relationship, obligation, or habit that takes more than it gives) and one place they are chronically under-investing (usually themselves). Write a reallocation plan: what you are taking back and where you are redirecting it. Share. Commit to it out loud.

Until the Next Book

The Currency You Trade In changes how you walk through every room, every relationship, every interaction — because you can now see the economy underneath all of it. Your group just raised its collective rate. Hold each other accountable to it. Between now and the final book, notice every transaction. Notice what you're spending. Notice what you're receiving. And if it's not equal — renegotiate.

T H E T R A N S F O R M A T I O N S E R I E S . B O O K C L U B G U I D E S

Book 1: Shut The F**k Up

Book 2: Listen To Everything

Book 3: You, Inc.

Book 4: The Investment

Book 5: You, Reborn

Book 6: The Currency You Trade In

Book 7: Listen Everywhere

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