

LITTLE TREE CAPITAL • THE BOOK PROJECT • REPORT

Wealth as Medicine

Wealth is not betrayal.

A book by **Mike David & Michelle Bryant-Gravelle** — written by Indigenous people, for Indigenous people. Two complementary journeys that reframe wealth from scarcity and survival to abundance, connection, and healing.

Status: **In active development**

6 working sessions

Part One **drafting**

4-part architecture

Working report compiled from six Fireflies book sessions (Mar 19 – May 21, 2026). A living document — it grows with each session.

THE BOOK BIBLE

The Premise

The working home for **Wealth as Medicine** — the analysis of every session, the ideas worth keeping, and the direction for the next one. Mike and Michelle are writing the book they wish they'd had: an Indigenous lens on money, told through two very different lives — Mike's path of entrepreneurship and rites of passage for young men, and Michelle's path from young single mother through trauma and scarcity into abundance. **"Two distinct ways of creating wealth for yourself, on our own terms."**

THE PROMISE

Reframe wealth away from scarcity and shame toward **abundance, connection, and self-definition** — so wealth becomes medicine, not betrayal.

WHO IT'S FOR

Indigenous people seeking a different relationship with money — especially **young Indigenous men** needing direction and **young Indigenous women & mothers** needing a model of what's possible.

THE DIFFERENTIATOR

Plain language, lived experience — by Indigenous people, for Indigenous people. Not an academic finance book.

SUCCESS, DEFINED

"If one person reads our story and says... now I can see it being a little more possible than before." Expanding the field of successful Indigenous people until it's **a normal reality, not an anomaly.**

THE THESIS

The Big Ideas

Income ≠ Wealth

"When money is working for you versus income, you're working for that income." Wealth means time, health, family, freedom.

Scarcity → Abundance

The core shift the book aims to create — an identity-level move out of survival mode. Survival is a reality; scarcity is a mindset.

Wealth Is Not Betrayal

Beating "crab-in-the-bucket" — the belief that rising above the collective is going against the tribe. Reframed as contribution.

His Story vs. Our Story

150 years after the Indian Act, the next 150 years get written by us. "The Indian Act is legislated poverty... but that's not who we are."

The Owner Mindset

"Once you start thinking of yourself as an owner and a participant in your future... it's a tectonic shift."

Stewardship & Seven Generations

Update the seven-generations principle to include finance — sovereignty as own-source revenue overtaking government transfers.

TABLE OF CONTENTS

The Architecture

Four parts. Part One is the first four chapters and is being drafted now; Parts Two–Four are framed and awaiting their prompt sessions.

I

The Economic Disruption

The opening narrative — "wealth is not betrayal," income vs. wealth, and the two authors' origin stories with money.

DRAFTING • 4 CH.**II**

The Scarcity Inheritance

Scarcity vs. survival thinking; generational vs. situational; the beliefs about money passed down — and a possible "scarcity beliefs" self-test.

TO FRAME**III**

Reclaiming Wealth

Self-definition, the owner mindset, healing, and wealth as connection. "It does heal when you stop thinking about wealth as just money."

TO FRAME**IV**

Building Generational Strength

Stewardship, seven generations + finance, Indigenous economic sovereignty, and legacy/mentorship.

TO FRAME

GOLD NUGGETS • VERBATIM

Signature Lines

Candidate chapter titles and pull-quotes, pulled straight from the sessions.

"His story versus our story."

MICHELLE • COINED IT — MIKE: "THAT'S SUCH A GOOD ONE"

"Happiness doesn't live outside of you. It lives in your heart and by your own definition."

MICHELLE

"You take what you need, you give what you can, and it comes back to you."

MICHELLE

"Don't close the door behind you. Keep it open. In fact, tear down the wall — make the opening even bigger."

MIKE

"It does heal when you stop thinking about wealth as just money."

MICHELLE

"When money is working for you versus income, you're working for that income."

MIKE

"The Indian Act is legislated poverty for our people, and it still is today."

MICHELLE

"Money is a sacred resource — treating it that way."

MICHELLE

"His currency was kindness."

MIKE • ON HIS GRANDFATHER

"We're fighting for scraps when really we should be celebrating in the abundance of knowledge, of resources, of community, of land, of our teachings, of our culture."

MICHELLE

"Once you start thinking of yourself as an owner... it's a tectonic shift."

MIKE

"Expanding the field of successful Indigenous people so that it doesn't become an anomaly, but becomes a normal reality."

MICHELLE

RAW MATERIAL

The Story Bank

MICHELLE

WEALTH AS MEDICINE

Chemo & gratitude

Cancer treatment alone during COVID — the fifth session that put her in hospital — and choosing gratitude in the hardest moments: "What am I grateful for right now?" The literal embodiment of the title.

MICHELLE

STEWARDSHIP

Grandfather the logger

He cashed his cheques, gave nearly all to her grandmother, kept "\$50 or \$100" — "Granny's gonna take care of the house. I just need a little pocket money."

MICHELLE

SCARCITY & GUILT

The Gucci purse

Sitting outside the store for five minutes, phoning a friend for permission, buying it — "so happy" and "so guilty at the same time."

MICHELLE

THE NEXT GENERATION

The only brown face

Her daughter in gymnastics — "the only little brown face in a sea of white and blonde hair" — and the fear of the racism she might face.

MIKE

SCARCITY ORIGIN

1990, age nine

Overhearing his parents worry about the bills; a vehicle sent back; his sister's piggy bank. "I'll never put my family through this."

MIKE

IDENTITY

"The native kid" & "halfway"

Too white at the Mohawk high school, "the native kid" at private school, half French — "Where does that leave me?"

MICHELLE

HEALING

Take Back Your Life

She walked into a wellness centre heartbroken, cried in front of strangers, and began the journey out of "I'm too broken to deserve this."

MIKE

THE PLATFORM

The grade-11 talk

Ten flat minutes, then NLP kicked in: a compound-interest demo, a mindset exercise, a teacher who signed up for Wealthsimple after. "A testing ground for the platform we want to build."

THE RECORD

Working Sessions

Every Fireflies session, in order. Full transcripts are downloadable on the dashboard's Book Writing page.

Mar 19

2026

Kickoff — "Wealth as Medicine"

Fund structure + first prompt interview. The founding phrase lands: "Wealth is not betrayal."

Apr 3

2026

Session #2 — Part One, "Opening the Conversation"

The five opening prompts; income vs. wealth; crab-in-the-bucket. Nathan (finance advisor) joins.

Apr 16

2026

Section 3 — "Understanding the System"

The Indian Act as legislated poverty; reciprocity; the "his story vs. our story" through-line is born.

Apr 23

2026

Section 4 — "Scarcity vs. Survival Thinking"

The title "Wealth as Medicine" is set; survival vs. scarcity; the Gucci-purse story; money as a sacred resource.

May 7

2026

Section 5 — "Why This Book Exists"

Rich vs. wealthy; defining wealth on your own terms; the grade-11 finance talk as a platform testing ground.

May 21

2026

Section 6 — Part One, the big picture

The four-part architecture is confirmed; "wealth as medicine" defined; Michelle's chemo/gratitude story.

PROJECT MANAGEMENT

Direction & Next Steps

DECIDED

- Working title: **"Wealth as Medicine"** — deliberately provocative, meant to "stir."
- **Prompt-driven recorded interviews**, mined afterward for narrative and chapter titles.
- Voice: **by Indigenous people, for Indigenous people** — plain language, lived experience.
- Spine: the **two complementary journeys** as models of what's possible.
- Go **deeper on the scarcity mindset**, building on and crediting Carol Anne Hilton's *Indigenomics*.

NEXT ACTIONS

- **Frame Parts Two, Three & Four** with prompt sessions. **Michelle**
- **Compile the transcripts** into source material. **Michelle**
- Close Section 5's open question on economic-leadership **responsibility**. **Both**
- Add the shared **prompts document** to Google Drive. **Both**
- Draft the **"scarcity beliefs" self-test**. **Both**
- Choose **3 chapter titles** from the Signature Lines. **Both**

OPEN QUESTIONS

- How to name a "scarcity mindset" **without judgment** of people in genuine survival.
- The **individual vs. collective** tension — to explore, not resolve too early.
- Handling the intended **controversy** of pairing "wealth" and "medicine."
- The bigger vision: **workshops for schools & communities** — "wealth sovereignty."

Influences & references cited: Carol Anne Hilton, *Indigenomics* · Bob Joseph, *21 Things You May Not Know About the Indian Act* · Ruby Payne, *A Framework for Understanding Poverty* · Rich Dad Poor Dad · Tony Robbins · Naval Ravikant & Balaji Srinivasan.

Interview Prompts — Parts II–IV

How to use: put this on screen, read one question, both answer and riff, freestyle if a question feels off — and capture any gold nuggets before you close.

II

The Scarcity Inheritance

The beliefs about money we inherit — and the difference between survival (a real circumstance) and scarcity (a mindset). Name it without shame.

1. What beliefs about money — spoken or unspoken — did you inherit from your parents and grandparents?
2. Tell the story of a moment you realized a money belief you were carrying wasn't actually yours.
3. Where in your life did you confuse survival with scarcity — and what finally helped you tell them apart?
4. What sayings about money did you grow up with ("treat it like it's going to end tomorrow," "chickens today, feathers tomorrow")? Where did they come from, and what did they cost you?
5. When did you first feel the "crab in the bucket" — that rising up meant leaving people behind?
6. Which scarcity beliefs are most common in our communities, and which one held *you* back the longest?
7. What was the turning point that let you start unlearning it?

Close the section: *If a reader recognizes their own scarcity mindset here, what do you want them to feel — not shame, but what?*

III

Reclaiming Wealth

Self-definition, the owner mindset, healing, and wealth as connection — defining wealth on your own terms.

1. In your own words, what does wealth actually mean to you now — beyond money?
2. Tell the story of when your relationship with money shifted from fear to freedom. What changed?
3. When did you first think of yourself as an *owner* of your future rather than someone just getting by — and what did that unlock?
4. How has building wealth healed something in you, or in your family?
5. What did you have to forgive, release, or grieve before you could let yourself receive abundance?
6. Who or what finally gave you permission to want more — a person, a book, a moment?
7. What does "wealth on your own terms" look like on an ordinary day right now?

Close the section: *What's one mindset shift or practice you'd hand a reader to start reclaiming wealth this week?*

IV

Building Generational Strength

Stewardship, seven generations plus the financial dimension, economic sovereignty, reciprocity, and legacy.

1. What do you want the next generation to inherit — not just financially, but in how they think about wealth?
2. What does Indigenous economic sovereignty look like in practical, everyday terms?
3. How do you hold the balance between what's best for the individual and what's best for the community?
4. What does stewardship mean to you — what becomes your responsibility once you have wealth?
5. Tell a story of reciprocity you've lived or witnessed — "take what you need, give what you can, and it comes back to you."
6. What legacy are you building, and who are you already mentoring into it?
7. If Indigenous families could consistently build and pass on wealth, what does the community look like in 50 years? In 150?

Close the book: *When a reader finishes the final page, what's the first thing you hope they do differently the next morning?*

HOW TO RUN A GREAT SESSION

The Session Playbook

WHAT'S WORKING — KEEP DOING IT

- **Mornings.** Book work in the AM; keep the weekly cadence.
- **Interview, don't write.** Screen-share the prompt doc, read a prompt, both answer and riff.
- **Record everything** (Fireflies), then compile transcripts — the gold is in what you didn't plan to say.
- **Keep a running "gold nuggets" list** of trademarkable phrases → chapter titles.

SUGGESTED AGENDA — NEXT SESSION

1. Warm up: answer Section 5's open question.
2. Frame **Part Two — The Scarcity Inheritance**: run the prompt set.
3. Lock **3 chapter titles** from the Signature Lines.
4. Decide the format of the **scarcity-beliefs self-test**.
5. Capture new gold nuggets before you close.

Compiled from six Fireflies session transcripts. Quotes transcribed verbatim; auto-transcription may contain minor wording errors, and in Session #2 speaker names were inferred from context. A living working document.