

Money Story

Your money story began when you were a child, and probably influences your money behaviors, expectations, and decisions to this day. This exercise will help you to understand your personal money motivators and think about how they show up in your life. You will then possess an awareness that is the foundation for positive change.

Write the first thought that comes to mind to finish the following sentences. Don't look for the "right" answer or think too hard. Let yourself go with your first reaction.

Money is...

Money can...

Wealthy people are...

Wealth is a measurement of...

If I am wealthy, people will...

My early experience with money was...

My father felt money was...

My mother felt money was...

In my family, money caused...

To have more money, I'd need to...

My biggest fear about money is...

If I could afford it, I would...

I spend money on...

I'd have more money if...

Now take a moment to reflect on your answers. What did you learn?

What would you like to change?