

Understanding Your Money Messages

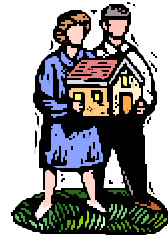
These are questions to help you explore messages you have about money and how they may be linked to your current financial decisions and behaviors.

- ◆ Who earned the money?
- ◆ Who handled the money in your household?
- ◆ Did people talk about money in your household?
- ◆ Did you have money of your own as a youth? Did your siblings have their own money?
- ◆ What did you hear about people who had money? People who didn't have money?



What does money mean to you? Check all that apply or add your own words.

- ____ Survival – basic needs, food, clothing and shelter
- ____ Security – adequate retirement funds
- ____ Freedom of choice – greater variety in selection
- ____ Pleasure – vacation, travel, hobbies
- ____ Love – express affection by giving generously to others
- ____ Power – means of controlling or dominating others
- ____ Prestige – wealth represents approval and influence
- ____ Compensation – money can be used to compensate for hurt feelings
- ____ Self-development – money is used to learn new skills
- ____ Independence – financially self-supporting
- ____ Unimportant – money does not matter
- ____ Other _____
- ____ Other _____





Before you can make changes, you need to understand what is prompting the behavior.

1. What may be connections between your answers above and your spending patterns?
(example: Spending money on friends & family makes me feel good.)

2. Are your current practices helping or hindering you from achieving your financial goals? (example: I spend more than I can afford on birthdays and seasonal holidays.)

3. What is one thing you would like to do differently in the future?
(example: Keep to a budget for gifts.)

4. Based on what you know about your money message related to the question 3, what will you do? (example: Put a note on my checkbook and charge card that says “I have to buy things for others to feel good.)