

Money Messages You Learned as a Child

1. How did your mother address money issues as you were growing up?
2. How did your father address money issues as you were growing up?
3. How did your grandparents address money issues as you were growing up?
4. What is a happy memory from your childhood that is related to money?
5. What is an unhappy memory?
6. Do you remember any money "sayings" that your parents used?

7. Do you believe you developed a healthy attitude based on the money messages you received during your childhood, or an unhealthy attitude? Why?

8. Which of your parents' or relatives' money messages continue to affect you today?

9. How are those money messages (from #8 above) impacting your behavior or your feelings about money today?

10. After answering the above questions, are there money messages you would like to change? If yes, what are they?