

## My Childhood Money Story

Sit in a quiet place where you are not distracted. Take some quiet time to think about your *Childhood Money Story*. Review the questions below, then close your eyes and take 5 – 10 deep breaths. Read the questions again and let your thoughts flow. Write down everything that comes to mind, even if it seems not related.

Questions:

1. What did you feel about money as a child?
2. What did you observe about money in your home?
3. What things did your parents, grandparents or other relatives say to you about money?
4. What discussions did you hear about money in your home?
5. Did you feel that money was lacking?
6. Did you feel that money was in abundance?
7. Did you have the things that you needed?
8. Did you feel that you could ask for the things that you wanted?
9. Did you get the things that you asked for?
10. What was one item that you truly wanted or the one thing that you truly wanted to do growing up? Did you get it or get to do it and how did that make you feel? If not, how did that make you feel?

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Once you answer these questions, take 5 – 10 deep breaths and answer these questions:

- 1. How has my *Childhood Money Story* made me handle my money and finances?
- 2. What changes do I need to make?
- 3. Why do I need to make these changes?
- 4. When I make these changes what will be my desired outcome?
- 5. What tools and resources do I need to make these changes?

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