



Your Money History

To take control of your financial future it can help to thoroughly understand how your childhood experiences, family, friends, and community contributed to our relationship with money. Please reflect on and answer the following questions.

What is your first memory of money?

As a child, who (if anyone) talked with you about money? What do you recall about those conversations?

How did those closest to you communicate about money topics? Were there “rules” or family/community norms?

What was the motivation for acquiring your first job? What was the expectation for using income from your first job?

Do you agree with how money was used in your family or community? Please elaborate.

Were your experiences with money positive or negative? How have those experiences impacted you?