

WORKSHEET #6: MONEY AUTOBIOGRAPHY

Often how we relate to our money and possessions is heavily influenced, positively or negatively, by our early life experiences and how money was handled in the households we grew up in. Taking time to reflect upon the following questions can make us aware of those influences and allow us to take steps to change any negative behaviors they may have fostered.

Your History with Money

1. How would you describe your life with money so far?
2. How was money handled in your family? Who was your family's Chief Financial Officer?
3. Would you call your family of origin rich, poor, or neither?
4. What did you think about money as a child?
5. Did you have an allowance? How did that affect your relationship to money?
6. When you were growing up, did your family talk about money?
7. Would you call your family generous? If so, where did they give money?
8. What messages did you receive about giving and saving money?
9. How was money tied to faith in your family?

Money in Your Current Life

1. Who are your current financial role models?
2. In your current family, who handles the money?
3. If you have children, do you discuss money issues with them?
4. What are your practices of generosity? Do you tithe?
5. Do you feel that money is abundant or scarce?
6. Do you feel like you can afford what your family needs?
7. How much money comes through your life in a year? ten years?
8. How is your relationship with money related to your relationship with God?