Your Personal Relationship To Money

We all bring our values and feelings that we experienced in our family of origin into our adult lives. Often these are unexplored and thus, unexplainable to ourselves and others. Checking in on your personal relationship to money can help you better understand your financial circumstances and habits. Consider how the factors below are likely to impact your current approach to financial matters when completing the reflective questions at the end.

	Often	Sometimes	Never
I can easily feel guilty when I spend money on myself.	☐	☐	☐
Money and finances in general seem too complicated to spend a lot of my personal time on.	☐	☐	☐
Life is too short to focus on money. There are more important things to do.	☐	☐	☐
It's important to take care of the pennies. The dollars will take care of themselves.	☐	☐	☐
I owe it to my family to be the responsible one when it comes to managing money.	☐	☐	☐
I've always worried about having enough money.	☐	☐	☐
I believe you can never have enough money.	☐	☐	☐
I resent it when others try and control what I spend or question my judgment.	☐	☐	☐
I resent it when I think others are taking advantage of me or ''using me'' when it comes to money.	☐	☐	☐
Whenever possible, it's more important to save money than to spend it.	☐	☐	☐
I'm confident that I will always have enough money to take care of myself.	☐	☐	☐
Having enough money indicates my worth as a successful person.	☐	☐	☐
If I have extra money, I enjoy spending it on myself.	☐	☐	☐
I feel comfortable in letting significant other know how I spend my money.	☐	☐	☐

	Often	Sometimes	Never
Spending money on frivolous things, like home decorating or clothes, isn't a smart approach.	☐	☐	☐
If I make the money, I get to make the decisions about how it's spent.	☐	☐	☐
Money burns a hole in my pocket; I have a hard time saving.	☐	☐	☐
As long as I feel secure, it's easier to trust others to take care of my finances.	☐	☐	☐
Money represents independence and influence to me.	☐	☐	☐
I believe that I should give money to others who need it more than I do.	☐	☐	☐
I don't mind having a significant amount of debt if I know I can eventually pay it off.	☐	☐	☐
To me, money means being taken care of; being financially supported.	☐	☐	☐

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Three Questions That Will Transform Your Relationship With Money

Via Herconomy

Your relationship with money is a deeply personal and significant aspect of your life, influencing not only your financial well-being but also your emotional and mental health.

Transforming your relationship with money begins with self-awareness and introspection. Using what you learned from above, ask yourself the following questions and answer them honestly to uncover deep-seated beliefs and patterns that may impact your financial decisions.

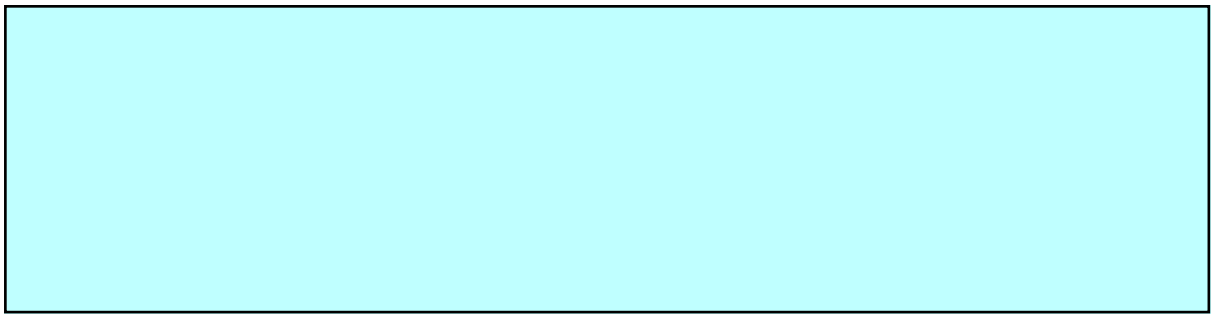
Consider clicking on the link above to the original article for more information and examples of this reflection process.

1. What Are My Beliefs About Money?

Your beliefs about money stem from your upbringing, past experiences, and cultural influences.

These beliefs can either empower or hinder your financial growth.

Consider your earliest memories of money, significant financial events in your life, and the messages you received about money from parents, caregivers, peers, and authority figures.

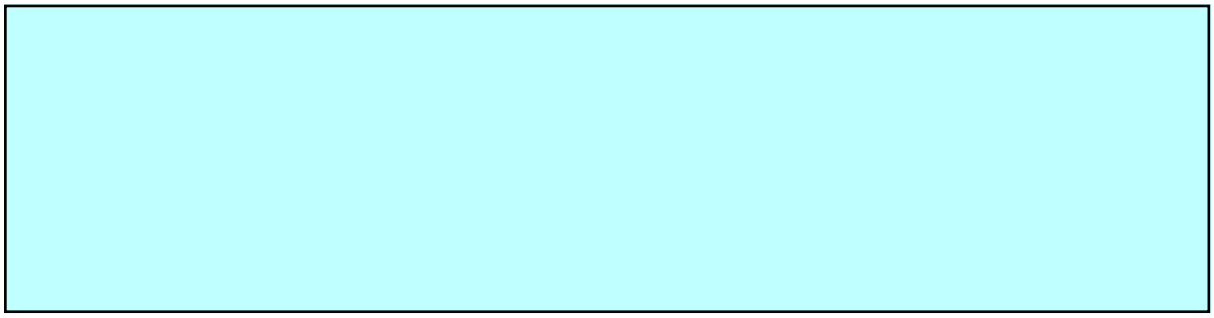


2. What Are My Financial Values and Goals?

Your financial values are the principles and priorities that guide your financial decisions and actions.

Identify what matters most to you in life and how money aligns with your values.

Also identify your most important financial goals, such as paying off debt, buying a home, or achieving financial independence. Next, prioritize your goals and identify the reasons behind each one. Consider what brings you joy, fulfillment, and a sense of purpose. Then, align your financial goals with these values to ensure they reflect your priorities and aspirations.



3. How Can I Cultivate a Healthy Relationship With Money?

Cultivating a healthy relationship with money involves mindfulness, intentionality, and empowerment in your financial life.

Set clear intentions for your financial journey and align your actions with your values and goals.

Empower yourself by educating yourself about personal finance, investing, and wealth-building strategies.

