

# What's Your Money Mindset?

How would you describe your relationship with money? Include the practical stuff but also the emotions, beliefs, and more.

Did your family experience a defining moment around money?

What memories do you have of your parents discussing money?

What is your first memory about money?

Do you have any unhappy memories around money from your childhood?

What emotions did your family associate with money?

How would you define the status of your family growing up? Were they considered rich, poor or middle class?

Where are you a money boss in your relationship to money? What really works for you in this area? Where do you rock with money?

What are you proud of?

What was a really tough money experience you went through? Please write the gory details. What did you do to get through this? What did you learn from it, and what are you doing differently now?