

What's your relationship with money?



Exercise:

We're going to start by figuring out what your money story is. What's the story in your head and how do you act as a result? Grab a pen and answer the following questions

1. What does money mean to me? (Is it good, bad or evil? Is it safe, toxic or valuable? Is it something you actively avoid or something you deliberately cultivate?)
2. What opportunities have I denied myself due to money? (This may be consciously or unconsciously or through your actions such as high credit card debt therefore limiting the ability to build assets)
3. How would life be different for me if I was no longer limited by my beliefs in 1 and my actions in 2 (Would you have acted on opportunities like buying a house, would you have started a business, asked for a payrise, not be in debt, have retired earlier, travelled, or more?)
4. What beliefs or actions in 1 and 2 don't serve me financially and should I consider changing?
5. What would I like money to mean to me? What opportunities would I like to have with my finances? (To be in financial control, to have options, to own my own home, to be able to travel, to start a business, to have a baby, to take a sabbatical, to retire on my terms)

If you have a partner, encourage them to do this exercise too and then share your findings with each other. With a Relationship Australia survey showing money is the number one thing couples fight about, it's vital to be on the same financial page. If you don't have a partner, encourage your friends to do this exercise and then share your findings so you can, as a group, start a positive dialogue around money.

