

GET UNSTUCK AROUND MONEY

Money Memory Tracker™ Starting the Process of Personal Money Discovery

Sigmund Freud ~ Give me a child from zero to five – give me a child for the rest of his life

Questions: Saver vs. Spender different; Patterns of relating

What is my first money memory?

What were the circumstances surrounding money growing up in my home?

How did your parents talk about and deal with money in front of you and you siblings?

Where the people who raised me honest about money or mistrustful?

Trust vs. Mistrust What did people say to you about how you handled money growing up?

For example, "You're a great saver!" What was the worst thing you did with money in your life?

What was the best thing you did with money in your life?

Do you respect money and if so how do you show it?

Would others say the same about you?
