



**Key
Financial
Solution, LLC**
Thoughts + Feelings = Behavior™

Money Messages

You have a money story and messages from early childhood that have helped to influence your relationship with money. Stories are powerful connectors and the more you rehearse them, the stronger they become. You have a story about money that has influenced how you think and feel about it, as well as, how you Earn, Spend, Save, Give and Invest.

Thus the motto:

“Thoughts + Feelings = Behavior”

Think back to your earliest childhood memory about money and journal about it by answering the following questions. Your answers contain clues to help you understand your current relationship with money.

Your Money Story

1. What is your earliest childhood memory about money?
2. Who taught you about money? How did they manage it?
3. Did they talk to you about managing money or did you pick up any non-verbal cues?
4. What messages (verbal or non-verbal) did you receive about money while growing up?
5. Are you doing work you love? If not, why not?
6. What were the economic conditions in the neighborhood/community where you grew up?
7. What messages did you receive about money from religion?
8. What messages did you receive about money from the media?
9. How did you decide your career path? Is it a career you chose or were you influenced to pursue a certain career path? If so, by who?