

WRITING A PERSONAL MONEY AUTOBIOGRAPHY

Writing a personal money autobiography is a crucial step in understanding our behavior and the powerful feelings evoked by money. In this exercise it is important to focus on feelings and relationships at different points in your life (childhood, adolescence, young adult, etc.) Take two or three sheets of blank paper to write out your memories and feelings. Here are some questions to use for stimulation.

1. What attitude did your mother have toward money?
2. What attitude did your father have toward money?
3. As a child growing up, did you feel rich or poor? Why?
4. What was your attitude toward money as a teenager?
5. What role did money play in your life as a young adult?
6. How did your relationship with money change when you became a parent?
7. What is your happiest memory in connection with money?
8. What is your unhappiest such memory?
9. How would you describe your current financial status?
10. How do you feel about your present financial status compared to the past?
11. Do you worry about money? If so, when did you first start and why?
12. Are you generous or stingy with your money? In what ways?
13. What kind of risks are you willing to take with your money?
14. What will you do with your money as you approach the end of this life?