

## Your Money Story: Week 2

Continuing from last week:  
(scroll below for the Week 1 Questions as well!)

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### WEEK 2 QUESTIONS:

#### **Reinventing your money story**

So, how did you go? What did you learn about yourself and your money story? I imagine many people have not taken these questions nor taken the time to deeply reflect on these memories.

It can be hard and if emotions like grief, anxiety, guilt, shame, sadness or fear come up for you. I want you to know, these are all very common emotions when delving into your money story. I also want you to know, you didn't choose your story – you inherited it from your family. None of it was your doing, good or tough, but it is now your responsibility.

What financial behaviors and patterns are holding you back? What are they costing you?

With this newfound realization and awareness, you can decide to write a new money story that sets you free from the limiting beliefs of the past.

As adults, we often need to unlearn what we learned as children.

**Question 1:** *Can you clearly see how your childhood perceptions and beliefs about money have influenced your financial patterns and behaviors as an adult? What are the new patterns and behaviors you need or want to adopt instead? What do you need to learn, practice, or change to live these behaviors?*

**Question 2:** *What do you want your new money story to look like? How do you want to feel about money? What new thoughts about money do you need to adopt and what ones do you need to let go of?*

**Question 3:** *Write down all the things in life you are financially grateful for. For example, it could be your ability to earn an income, eat well, get a fancy coffee, take holidays, pay your bills, or even the home you live in. Express gratitude rather than focusing on what you currently don't have.*

#### **Money story activity:**

Write in prose a new money story. This can include your thoughts, feelings, dreams and ambitions and about money.

Include 3 goals that you would like to achieve with your new money story. E.g. To learn about saving and invest within the next 12 months, to save for a holiday once a year, to earn and save enough money to retire stress-free in 20 years, or to donate and give to organizations.

Unfortunately, we can't just dream ourselves into our desired financial position. It takes work, consistency and commitment to meet a financial plan.

Share your story with someone you trust and who will hold you accountable on your journey toward financial empowerment.

### **You don't have to go-it alone**

Financial behaviors and patterns are hard to break, as most likely, they've been with you for years. Awareness and education are keys to building good money habits and ultimately wealth. However, we get that understanding the world of managing money (and your emotions) can be daunting. So, what can you do?

Simple. Get the support you need. There are many organizations that are designed to help including Thrivent, Dave Ramsey courses, and through the NWWA Synod. If you are interested in knowing some resources, contact Pastor Shannyn or the stewardship committing for networking and connections.

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#### **RECAP**

##### **WEEK 1 QUESTIONS:**

*"You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness"*  
- Brene Brown

## **Seven Powerful Questions to Unlock Your Money Story**

Get out your pen and start scribbling down answers to these questions. Dig deep, be honest, and don't filter any of your answers. Being truly vulnerable and candid is where the magic happens!

**Question 1:** *What was it like financially, growing up in your family? E.g. Did your parents complain about never having enough or was there an abundance of money? Did they fight over their finances, or did they never speak about it? Were you financially comfortable or did you go without?*

**Question 2:** *What are 3 things you learned about money from your mother?*

**Question 3:** *What are 3 things you learned about money from your father? If you didn't have a mother/ father, what did you learn from the people who raised you?*

**Question 4:** *What is your earliest memory about money? Think school banking, finding money in the sofa, a money box, a financial gift. Now think about the emotions you felt around this*

*memory – were they positive or negative? What did you tell yourself about, or take away from this event or experience?*

**Question 5:** *What emotions did your family associate with money? Were they similar for both of your parents, or were they conflicting? How do you think their behaviors have shaped your financial patterns today?*

**Question 6:** *What do you believe about wealthy people? What evidence from your childhood do you have to support this belief?*

**Question 7:** *Did your family or someone close to you, experience a significant financial event during your early years? A job loss, an illness causing a parent unable to work, loss of a home or business, a significant financial windfall, or overwhelming debts. How did you and your family navigate this event? Describe the emotions coming up for you reflecting on this time in your life.*