

Quiz – Childhood Money Messages

This quiz is a powerful tool designed to help you understand the history behind the beliefs and fears you may have concerning money, and how they influence you in your current life circumstances. You can print out a PDF of the document for your handwritten responses.

Once you have completed the quiz, keep it close at hand on desktop or on file to periodically review your responses with a view to growing into new and better circumstances.

No matter how old you are, it is never too late to change bad money attitudes – and bad money habits. It often just comes down to letting go, dropping all blame, and moving on as an individual with the power to be just you in charge of your own life and your own dreams.

Here you go.

• What was your mother's role concerning finances? How is your role today similar or different from hers?

• What was your father's role concerning finances? How is your role today similar or different from his?

• As a child, did you think you were rich, poor, or middle class? How do the feelings you had back then affect the way you think about money now?

• What were the main messages your parents (or guardians) gave you regarding money? How closely do you follow them or how strongly do you rebel against them today?

• Did you experience money “traumas” as a child and what were they? What lessons did you learn from them? How have those lessons altered the way you deal with money now?

• What big money successes have you had? What, if any, lessons did you learn from them? How have those lessons altered the way you deal with money now?

• What is your greatest fear regarding money?

• In thinking about all the things you do – or could do – with money, what makes you the most uncomfortable, and what gives you the greatest pleasure?

• In terms of the way you value money, how well matched are you and your partner? On what do you agree? Disagree?

• Which generation do you belong to in terms of the time period in which you were born?

- ◆ Silent Generation 1925 –1945
- ◆ Baby Boom Generation 1946 - 1964
- ◆ Generation X 1965 – 1979
- ◆ Millennials or Generation Y 1980 – 2000

• How do you think your generation's concept of money differs from other generations? Is there anything to be learned from other generations?

• Today, when you think about money, you see it as ...

• When it comes to being rich, you picture yourself as ...

in the movie _____

• When you think about being poor, you picture yourself as ...

in the movie _____

• At coffee breaks, your colleagues always have this to say about money:

• The last time you trusted someone with money, you found that ...
