

Marin Financial Therapy

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Personal Financial "Homework"

1. What messages did you get as a child around money and earning money?
2. How have these messages influenced you as an adult?
3. Please complete the following sentences:
Money is _____.
When I think about my relationship with money, I recognize that _____.
Security is _____.
4. What is your money goal?
5. If your relationship with money were a personal relationship, how would describe it? Do you fear, love, hate, depend upon, feel possessive or, or feel generous with money?
6. Where do you want to see yourself ten years from now regarding money? How much have you saved? How much do you have invested? How much do you see yourself making ten years from now?
7. What do you spend money on?
8. What do you not spend money on?