

YOUR FINANCES MADE CLEAR

A brief reflection guide

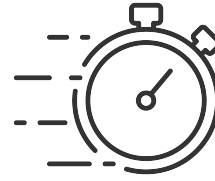
Take a fresh look at your finances -
explore the emotions and experiences that
can drive your habits and decisions

Our feelings and experiences around money shape how we use it.
Think of money as...

1 PART NUMBERS
2 PARTS EMOTIONS
1 PART EXPERIENCES

3 QUESTIONS

Take 10 minutes





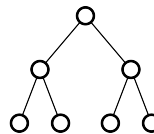
Describe the first time you remember dealing with money as a child.

Think about: Your first piggy bank, allowance, or purchase
Remember: Early trips to the store or watching family handle money
Consider: How that memory made you feel at the time



What money habits did you learn from your family?

Remember: Conversations about money at home
Think about: Unspoken family rules around spending or saving
Consider: Which habits you've kept or changed as an adult



How do you think about and handle money today?

Consider: Your typical spending and saving patterns
Reflect on: What makes you feel confident or worried about money
Think about: Your daily money decisions and habits

