

FIND YOUR MONEY SCRIPT

MONEY AVOIDANCE

- "Rich people are greedy."
- Don't want to deal with money because you think it's bad, greedy, or that you don't deserve it
- Prone to overspending

MONEY WORSHIP

- "Money buys freedom."
- You prioritize money over everything else and believe it will solve all of your problems.
- Prone to workaholism

MONEY STATUS

- "Money gives life meaning."
- See net worth and self worth as synonymous.
- Prone to overspending, financial dependence

MONEY VIGILANCE

- "it is extravagant to spend money on oneself."
- Extremely cautious with money. Heightened sense of anxiety and need to be secretive around money

ANSWER THE FOLLOWING QUESTIONS TO GET A BETTER IDEA OF YOUR MONEY "SCRIPT."

WHAT WAS MONEY LIKE FOR YOU GROWING UP? WHAT WAS YOUR SOCIOECONOMIC STATUS?

WHAT DID EACH OF YOUR PARENTS TEACH YOU ABOUT MONEY?

WHAT ARE YOUR BIGGEST FINANCIAL FEARS? WHAT ARE YOUR MOST IMPORTANT MONEY GOALS?

MY MONEY SCRIPT IS:

SCRIPT-BASED MONEY HABITS

EX: I AVOID LOOKING AT MY SPENDING UNTIL MY BANK ACCOUNT IS IN THE RED.

HOW TO FIX

EX: SET UP MINT.COM NOTIFICATIONS ON MY PHONE SO I'M ALERTED WHEN I EXCEED MY SPENDING.