

Uncovering Your Money Beliefs

Our beliefs about money affect our lives every day. They color our relationships. They shape our homes and they influence our careers. We relate to money based on the attitudes and beliefs we have about it. Often these beliefs don't really serve us well. One reason for this is how we actually acquired those beliefs.

Since actually talking about money is a taboo in our culture, we learn about money based solely on observation, and those observations were made from the perspective of our little kid eyes. Your kid brain makes up its mind and forms its opinion based on what it sees and what makes sense to it. So let's explore how you decided about money and what it means to you:

- § What are your earliest money memories?
- § What do you remember about how your parents felt about money?
- § What did you decide about money based on your childhood experiences?

People often collapse the money behaviors of their parents with other behaviors that got tied to them.

For example, let's say your parents were inconsistent in how they gave you money. Maybe sometimes you got money for chores, and sometimes you didn't. What your kid brain may have decided about money is that it's not predictable. In that case you may still be operating as if money itself is not predictable. The truth, however, is that how your parents gave you money was unpredictable, not money itself. One of my personal childhood beliefs about money says that in order to make money you have to sacrifice your home life. My mother wanted more and more money and things, my father worked harder and harder to get them, but he was never home. So what I decided was that the price for having money, and what the money could buy, was paid for by sacrificing close relationships. What is really true is that my parents had a distant relationship. Money was not the cause of their distance.

- § How do your money beliefs from childhood still show up in your life?
- § Are they tied to a behavior that is not really about money?
- § If you could separate your money beliefs from the "other" part, what would be possible?
- § How could your relationship with money be different based on this new way of looking at your belief?

Let these ideas spark a new relationship between you and your money. The first step to shifting any belief or behavior is becoming conscious of the actual belief. Once you become aware of the belief you can actually start choosing whether or not to perpetuate it. If you would like a partner in this process of improving how you relate to your money, give me a call. I'll help you make money make sense.