

A Money Autobiography

Attitudes, values and perspectives about money and its relationship to our faith have been shaped by personal experience. Our families of origin are particularly influential. The church, schools, friends and our culture are as well. The money autobiography provides an opportunity to reflect on these influences and on current attitudes about money.

The student (and spouse/fiancée/significant other) should complete a written response to these questions prior to the first session.

1. What attitudes and behaviors about money did you learn from your mother, father, grandparents?
2. As a child growing up, did you feel rich or poor? Why?
3. What was your attitude toward money as a teenager? How was this influenced by siblings or peers?
4. What role did/does money play in your life as a young adult? How is/was this influenced by a spouse or friends?
5. If you are a parent, how did becoming a parent change your relationship with money?
6. What is your happiest memory in connection with money?
7. What is your unhappiest such memory?
8. What are the personal assets (experiences, feelings, skills, practices) that you can build on?
9. How will these help you later in life?
10. How do you feel about your present financial status compared to the past?
11. Do you worry about money? If so, when did this first start and why?
12. Are you generous or stingy with your money? In what ways?
13. What kinds of risks are you willing to take with your money?
14. What will you do with your money as you approach the end of this life?