**Your Monetary Past**

What was my mother’s role concerning finances? What did I learn from her? How is my role like hers?

What was my father’s role concerning finances? What did I learn from him? How is my role like his?

What were the main messages my parents gave me regarding money? How closely have I followed them or how strongly have I rebelled against them, in the past and today?

What is money and why is it important to me?

What were the main messages my grandparents gave me regarding money? How closely have I followed them or how strongly have I rebelled against them, in the past and today?

As a child, did I think I was rich, poor, middle‐class? How did I feel about this? Did I feel secure? And how did my feelings about this affect my perception of money now?

If raised with a religion or spirituality, then what relevant lessons about money were passed down to me? Have those beliefs changed now that I’m an adult?

What is my ethnicity? What did I learn about money based on my culture or the country/countries that my family came from?

What are the money traumas I’ve experienced? What lessons did I learn from them? How have those lessons altered the way I deal with money now?

What big monetary successes have I had? What lessons did I learn from them? How have those lessons altered the way I deal with money now?

What does prosperity mean to me? How is that different than abundance? Do I feel that I have enough? Do I feel that I am enough?

In what ways have my monetary patterns been sabotaging my success and clarity as a person?

In what ways have my monetary patterns been sabotaging my success and clarity in my relationships?

What is my greatest fear regarding money?

What is my greatest joy regarding money?

Now, when I think about money, I see it as....?

How has my relationship to money affected my relationships with partners, children, parents, friends, community, etc.?