



MONEY MATTERS WORKSHEET

INSTRUCTIONS

If you are a couple, both individuals need to complete this worksheet separately and privately. After completion, discuss your answers with each other.

WRITE DOWN SOME OF YOUR BELIEFS ABOUT MONEY

Things to think about: What does your relationship with money look like? What words, images, or feelings come to mind when you think about money. How do you feel about your current financial situation?

WHAT WOULD FINANCIAL FREEDOM LOOK LIKE TO YOU?

Write down your dream financial situation. Be specific. If money wasn't a factor, how would you be living your life?