

Money Feelings Reflection Guide



Values-Based Major Giving Academy

1. What emotions arise when you think about your current financial situation, and how do these emotions influence your daily life and decision-making?
2. Reflect on your earliest memories related to money. How have these early experiences shaped your attitudes and behaviors towards finances in adulthood?
3. Consider your goals and aspirations. How do you envision money playing a role in achieving these goals, and what emotions are associated with the idea of financial success?
4. Explore any conflicts or contradictions you may have between your values and your financial practices. Are there areas where you feel incongruence, and how might addressing these areas lead to a healthier relationship with money?