



TOTAL TIME: 15-20 MINUTES



OVERVIEW

We are all influenced by our experiences and our past shapes our present—often without us even realizing it. This is especially true with how we think about money.

We all relate to money on three basic levels:

Practical—balancing our bank accounts or following a budget

Emotional—shopping when we are stressed or bored

Spiritual—this can be our calling; our vocation vs. our occupation or tithing



FACILITATOR PREPARATION

In advance of this exercise, read the goals and talking points. Then practice drawing three interconnecting circles one at a time. Next, sculpt the memory (thing/person/idea) from your past that most influenced your relationship with money. You will lead this activity by being the first to share your sculpture and story with the group.



ACTIVITY

1. Today you get to channel your inner 5-year-old. Take the Play-Doh® out of the tub and squish it around good; maybe smell it. Seriously, take a good whiff! Remember that smell?
2. Now, as you are kneading the dough take a minute and think about your earliest, most influential memory of money. Don't think too hard, just go with the first thing that pops into your mind. Once you have that memory in your mind, take five minutes to sculpt something that represents that moment using the Play-Doh®.
3. Show participants your most influential memory of money. Ask if anyone can tell what it is. Then explain what you sculpted and why it has been a powerful influencer in your attitudes and behaviors around money. Invite each person to then show his or her sculpture and share their money memory story with the table or group.



GOAL

UNDERSTAND YOUR EMOTIONAL RELATIONSHIP WITH MONEY AND START MAKING BEHAVIORAL CHANGES IN HOW YOU HANDLE YOUR FINANCES

OUR RELATIONSHIP WITH MONEY



NEXT STEP

Write down one attitude, action or habit from your emotional past that you will now commit to either eliminate or do differently (if negative) or do more energetically (if positive).

DISCUSSION QUESTIONS

1. In what ways did the experiences from your childhood impact how you relate to money as an adult?
2. Is there one word you would use to describe your relationship with money?
3. Did how you were raised impact how you see yourself (spender, saver, breadwinner, risk taker, etc.)?