

WHAT IF YOU'RE NOT GOOD WITH MONEY?

Let's find out!

How do you feel you are with money? Why?

What does it mean to be "not good with money"?

What are the indicators I could use to be able to tell whether someone is good with money or not good with money? What does someone who's not good with money do or not do? What are they like? What makes them like this?

What does someone who is good with money do or not do? What's someone who's good with money like? What makes them like this?

Model of someone NOT good with money

C:

T:

F:

A:

R:

Model of someone GOOD with money

C:

T:

F:

A:

R:

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Examples of what it means to be NOT good with money. List below. (i.e. spending too much)

What do each of these mean? For example, when I spend too much, it means I don't value money.

Explore other options for what these mean. For example, when I spend too much, it means I'm thinking that this will make me feel better, but it actually doesn't. It just reinforces my belief that I'm bad with money.