

Five key takeaways

- 1 Our first money memories can be transformational to our life experiences.
- 2 Our relationship with money is determined at an early age.
- 3 Our relationship with money is not just financial and rational, but emotional and transformative.
- 4 Money can come from a place of joy or pain.
- 5 Money is about ability—what it can enable us to achieve.

Five reflection questions

- 1 How would you describe your parents' approach to money?
- 2 What is one thing you would like to emulate about your parents' attitudes, beliefs, and behaviors around money?
- 3 What is one thing you do not want to emulate about your parents' attitudes, beliefs, and behaviors around money?
- 4 What is a financial accomplishment you are proud of?
- 5 What financial situation has caused you to feel disappointment or embarrassment?