

FUNSHEET



5 WAYS TO IMPROVE YOUR RELATIONSHIP WITH **MONEY**

**ABSOLUTELY
WRITE**
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True or False:

Money is just a commodity. Being rich or poor has no emotional connotation.

True / False

Point 1: Identify your money story

Give me the first word that comes to mind.

“How do you feel about money?”

Word:

Story:

Again ask yourself - “How do you feel about money?”

Word:

Story:

Acknowledging your emotional story, loosens the grip.

Point 2: Break the loop of fear & greed.

Have you experienced fears while dealing with money?

Yes/ No

Fear 1:

Fear 2:

Fear 3:

Have you experienced moments of greed while dealing with money?

Yes/ No

Greed 1:

Greed 2:

Greed 3:

Point 3: Shift out of the scarcity mind-set.

Have you felt scarcity in any of the following things?

Money

Food

Emotions

Clothes

Friendship

Knowledge

Jot down one or more incidents where you felt genuinely happy for someone else's achievement.

Point 4: Don't take money for granted.

Like any other relationship Money also requires

1.

2.

3.

When was the last time you reviewed your finances? (investments, loans, assets)

.....

Ask yourself - Do you need to change anything here?

Yes/ No

Point 5: Say Arigato to each and every transaction.

True or False:

Arigato money technique is gratitude for receiving and gratitude for giving.

True / False