

Beliefs about Money

- People like my family and me can never get out of debt.
- I need to take care of other family members before taking care of myself.
- Finances and money matters are something that someone else needs to be taking care of for me.
- People like me and my family don't have investments.
- I'm not smart enough to do this.
- I don't have time to worry about this.
- I'm not disciplined enough to save and get out of debt.
- I can't get my spouse/partner to quit spending money.
- The only way to get rich is to win the lottery or gamble at the casino.
- Saving \$10 a week is never going to get me enough for retirement.
- The rich get richer and the poor get poorer.
- Families are expected to support each other in our culture, so that means whenever I save any money I end up giving it to a family member.
- We are always broke because we have a large family and we have to travel to weddings, graduations, birthdays, etc.
- I'm a single parent. No one is going to help me. My kids eat a lot. It's impossible to save.
- Saving for retirement is 'stupid'. I need the money now.
- I deserve a nice car, TV, clothes, etc.
- Investing is for white people, smart people, college people, etc.
- Once I save a little, something happens and I have to spend it all...what's the point? I'll just spend it now.
- I don't trust banks and brokerages. I'm willing to spend money to cash my paycheck because I don't trust them.
- I can't put my money in the bank because the government will take it.
- My credit is so bad, it doesn't matter what I do. Besides, I have two kids - I can just put the bills in their names.
- When you make what I make, you have to "rob Peter to pay Paul." I just can't get ahead.
- I can't save enough to make it worthwhile. (What I can spare is too little.)
- You have to have money to make money. (Investing is for the rich.)
- My husband handles the finances, he's better at it. Men are just better at managing the finances.
- It's the same price to feed my family regardless whether it's at KFC or at home so why bother.
- Investing / the stock market is so confusing and complicated, it's like rocket science.
- I'm too old; it's too late for me.
- I'm too young to worry; I have plenty of time, why should I care?
- Social Security was designed to pay us in retirement for all our hard work; it will cover our expenses and allow a 'good, comfortable and safe retirement.'
- If I am not vigilant, everything will fall apart.
- What I want and will enjoy now is more important than what I might need in the future.
- If I save enough, I will feel happy and secure.
- Buying things makes me happy.
- Having new things makes me cooler and more sophisticated.

My Money “Stories”

1. My parents would never spend much money on _____
2. I don't like when my spouse spends money on _____
3. Some of my friends spend too much money on _____
4. I am shocked by how much money people are willing to spend on _____
5. I feel guilty when I spend money on _____
6. When I am at the grocery store and I look at other people's shopping carts, I think that I would not spend so much on _____
7. It is worth it to spend some money on _____
8. Even if I had a lot of money, I probably would not spend a lot on _____
9. When I treat myself, I like to spend money on _____
10. I don't regret spending money on _____
11. I wish I had back much of the money I've spent on things like _____