

ACTIVATE YOUR MONEY

MONEY & VALUES CONVERSATION STARTER

One way to break the taboo about money is to have conversations about it. You can start very simply by talking to family or friends, either one-on-one or in small groups, about aspects of the subject that are not intimidating. Discussing your money stories and the values that you would like to support with your money can be a great opening.

These conversation prompts can get you over the hurdle of kicking off that conversation or conversations. You might be surprised by what you learn and what these conversations open up for you in terms of your own beliefs about money.

Conversation Prompts

1. What is your first memory about money? How do you think this memory informs your current beliefs about money?
2. Thinking back to when you were growing up, what was the most important rule you learned about money? Often, this rule takes the form of “you should always...” or “you should never...” What was that rule for you? Do you still believe it?
3. What would you like to change about your beliefs or “stories” about money? How might those changes affect your sense of security and well-being?
4. What are your most immediate thoughts or emotions when you consider your current money situation? What is the most persistent feeling you have when you think about your money?
5. Pretend for a moment that money is a person that you are having a relationship with. How are you showing up in that relationship? How do you treat money? What do you ask of it? Are you consistent? Are you generous? Jealous? Trusting? Distrustful? Mindful? Distracted? How does your relationship with money differ from other relationships in your life?
6. What would a healthy relationship with money look like for you?
7. Why is money important to you? What do you want to accomplish with your money?
8. What are the most important values in your life? Do you believe that you are living those values? If so, how? If not, why not?
9. What do you want to make “strong”, make “well”, make “worthy” with your time and resources? How could you express and fuel those values more strongly in the world in your lifetime?

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10. Assuming you decided to spend or invest your money in a way that aligns with your values, what would those values be? How would you even start to think about this?

Note: You may find that introducing the Sustainable Development Goals to can help direct this part of the conversation

Closing Thoughts

At the end of the conversation, you may want to close with a moment of inspiration. Someone begins by sharing one idea, “aha” moment, or other take-away from the conversation. If more than two people were involved, you could move around the group in a circle until everyone has had a chance to speak. From there you could call it good or you could consider coming together again in the future to continue the conversation drawing from more of the materials in *Activate Your Money*.