

MONEY HABITUDES® INSIGHTS

After you've read the statement cards and sorted them, focus on your **That's me!** pile. How many cards are in each Habitude in your That's me! pile.



Look at the yellow interpretation cards or the online report to answer the following. Begin with the Habitude type with the most statements in the That's me pile.

1. What is your dominant Habitude(s) (four or more cards): _____

 2. The sentence under each Habitude name is the strongest subconscious money message related to that Habitude. What is your message for your dominant Habitude(s)? _____

 3. Which word(s) describe how others may see you? Which words describe how you see yourself? Are they the same or different? Would different people describe you differently? Why? _____

 4. Read the list of Advantages. Not every one will apply. Which advantages fit you? Are there other advantages? _____

 5. Read the list of Challenges. Not every one will apply to you. Which of the challenges fit you? Can you think of other challenges? _____

 6. Are you overusing that Habitude? _____

 7. Are you missing any Habitudes? Would it be helpful to use that Habitude more? What could you do differently? _____

 8. Which Habitude best describes you when life is going well and you're feeling good? How can you do it more? _____
 9. Which Habitude best describes you at your worst when you feel stressed, upset or unhappy? Who, where, when or what situation triggers you to use a Habitude that works against you reaching your goals?

 10. Is your reputation related to money the cause of teasing or tension? _____

 11. If you want more balance, which Habitude would you use more often to reach your goals? Less often?

- If you're in a relationship, after you've looked at your own cards, talk to each other about: _____

12. What do you have in common? Look at each Habitude. How does that work for you? Is there a downside?
 13. Are there Habitudes where you are very different? How could that bring balance to your relationship? How could that cause conflict or collusion (silent agreement to work around an issue and not address it)?
 14. Share your definition of security, times when you spend without thinking and who you like to help and how. You may share the same Habitudes but define them very differently.