

Ideas to Debrief Money Habitudes Online with Individuals, Couples and Groups

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While the Money Habitudes decks continue to be my favorite tool for engaging people in groups, couples or 1:1 coaching sessions, I have found that the online version expands my reach, makes the tool more accessible and the report offers a more comprehensive viewpoint for participants.

Individuals

Before: Send the link and invite them to do a preliminary review of the report

During: We focus on the dominant Habitude, beliefs, and goals. We do a deep dive into the report and identify the things that stand out as either very resonant or not at all. We have a facilitated discussion about what they learned about themselves and develop a “two-step” plan:

1. Do more of....
2. Do less of....

With measurable action steps to practice.

After: Observe the new behavior for 30 days and check in. (We generally will have 3 coaching sessions.)

Couples:

Before: Send the link to them separately. Ask them to do MHO individually, not sharing their responses.

During: We focus on the dominant Habitude and identify shared habits, beliefs and goals. We then switch the printouts so each person can have a full awareness of their partner’s MH report. We have a facilitated discussion about what they learned about themselves and each other. That may include discussing what they have in common and how that work for them—any downsides? Where are they different and how does that bring balance? Do those differences cause stress? Then we develop a “two-step” plan:

1. Do more of....
2. Do less of....

With each partner sharing their plan and the behavior they want to try.

After: Observe the new behavior for 30 days. Check in (we generally will have 3 more coaching sessions)

Groups:

Before: Send the MHO link for them to complete in advance of the session.

AT THE BEGINNING of the live in-person or virtual session we check in by sharing (speaking/chat):

- What is my dominant MH?
- RENAME myself with my MH-First Name
- What resonated?
- What was surprising to me?

BREAKOUT groups: Put people in breakout rooms/small groups according to their MH and have them pick one strength and one challenge of their shared Habitude. If you have outliers (i.e. only one Giver) ask them about their second most dominant and put them in that group or invite them to join the group that represents the MH they WANT to grow.

After: Observe the new behavior for 30 days and check in with an accountability partner (from the group or in their personal lives).

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