

Your Money Story

Money Genogram

What is a Money Genogram?

Money Genogram is like a money family tree that depicts the behavior, attitudes, and beliefs about money management as well as the overall concept of money and what role it has in your life. Money behavior is often deeply rooted in messages you receive, things you are taught, or the behaviors you have observed since you were a child. This forms your own personal “Money Story”.

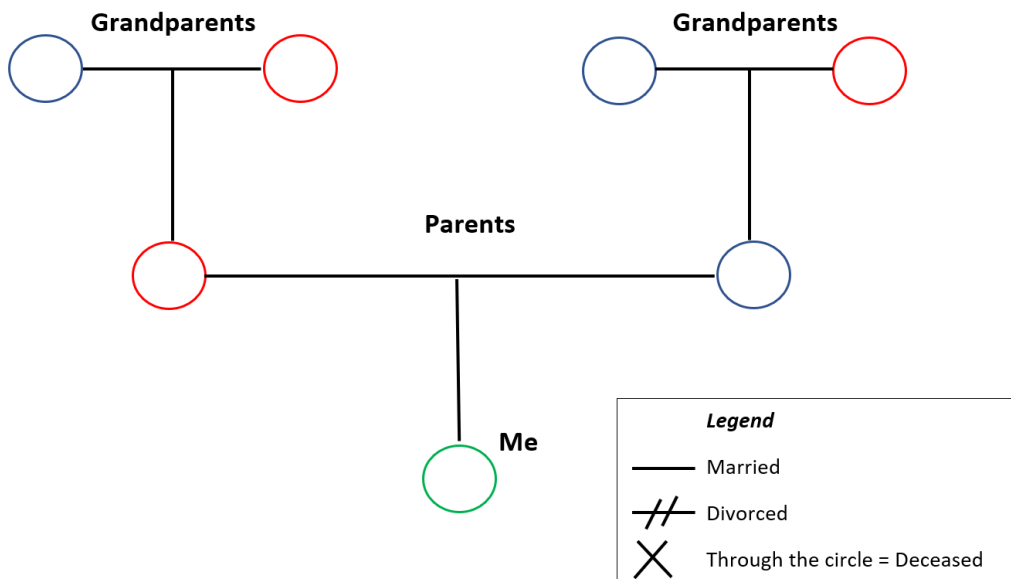
Your story and the messages are not inherently bad or good, instead they show you how they influence your everyday life, money management, and even your feelings. Therefore, the money genogram is a powerful tool that can assist you by identifying your Money Story and the behavior/attitudes that you might be exhibiting without knowing; based on your subconscious mind. By identifying them, you may start changing your behavior (if you find it necessary), and/or be aware of it.

Exercise:

Before our workshop, we would like to invite you to create your own Money Genogram and find your “Money Story”. We will be discussing this during our presentation, and you will be able to **anonymously** share your findings with us.

How to Create Your Money Genogram

1. Draw or screenshot the diagram you see below.



2. Label each family member or important caregiver, including yourself, with first name, age, and occupation.
Please note, if you have/had other important people in your life that you learned (observed) behavior from, please feel free to expand the diagram.
3. Mark marital status, or if someone has passed away, in the diagram as shown in the in the legend.
4. Write next to each person, including yourself, a brief description / statement that you heard or learned, and any specific behaviors you observed regarding money.
5. After you finish all the steps, ask yourself the following questions:
 - a. How are your beliefs/behaviors about money—similar, or different—from others in your genogram?
 - b. How did money messages shape your relationship with money and what you want out of life, especially as it relates to spending, saving, and investing?
 - c. How do these messages inform your decisions?
 - d. How have these messages affected you?
6. If you identify anything you would like to change or shift your focus to, write it down.

This exercise is meant to show you how your money behaviors are shaped by those around you, and to make you aware of unconscious decisions that you might make on a daily basis regarding your money management habits.

*Please note: Money management **is not** part of your identity, but rather a shaped behavior. If you uncovered anything during this exercise that created negative feelings, please know that this is not the purpose of this exercise. As known, behavior can be changed, and by knowing where the “problem” might be, you can gain power over it.*

Source of this exercise: <https://www.hartfordfunds.com/insights/investor-insight/investor-behavior-strategies/your-money-story/the-money-genogram.html>