

Key to Money Habits and Attitudes Self-Quiz

If you have 3 or more in “a”, you may be:

Dominant Free Spirit

Suggestions:

- * Become familiar with the basics. Learn how to balance a checkbook and make a basic budget for your wants and needs. If you live with someone, go over a month’s expenses to become familiar with basic costs.
- * If you have investments or inherited money, make an appointment with a financial professional to find out how much money you have and how it is being managed.
- * If you are not yet retired, determine if you are being fairly compensated for your work.
- * Know the realistic expenses to support yourself even if you do not pay them (health and car insurance, rent, utilities, clothes, etc.)
- * If you avoid managing money because of a lack of skills consider taking a class.
- * If you have a fear of commitment or taking on responsibility you may find it helpful to work with a counselor.

If you have 3 or more in “b”, you may be:

Dominant Targeted Goals

Suggestions:

- * Understand the money messages from your past.
- * Challenge yourself to find out if your goals reflect your wants and needs or if they are a response to others’ expectations of what you “should” do.
- * Be supportive and giving to others.
- * Learn effective communication skills that you can use when pressured by others to spend money in a way that conflicts with your values or goals.
- * Take a break from being productive and goal oriented to relax, be spontaneous, and enjoy life!
- * Challenge yourself to experience new activities that are out of your comfort zone. Take some risks.
- * Be tolerant and patient with people who have lifestyles and values that are different from yours. Try to see their perspective and understand what works for them.

If you have 3 or more in “c”, you may be:

Dominant Selfless

Suggestions:

- * Plan activities for personal enjoyment that are unrelated to your favorite charities.
- * Have a plan for giving that includes giving to yourself and providing for your future.
- * Understand that having money is not inherently bad or sinful and being poor is not inherently honorable and virtuous.
- * Before giving monetary help to others consider if you may be hindering their development of responsible behavior.
- * Identify your needs, wants, and ideas. Become aware of your tendency to agree to someone else’s plans to save, spend, invest or be charitable before you have thought about what you would like to do.
- * If you are not yet retired, know the value of your position and work toward receiving a fair salary and benefits.
- * Review your career: Have you limited your options to avoid more lucrative positions?

If you have 3 or more in “d”, you may be:

Dominant Security

Suggestions:

- * Reassess your budget to include fun, gifts and spontaneous opportunities.
- * Reduce the time you spend to record, check and manage your finances.
- * Plan to spend money on a special gift or activity for yourself every month.
- * Face your fear. Put everything you would need to survive in a bag or suitcase and keep it in a closet so you are prepared for the worst.
- * When you are about to say “no” out of habit to something you would like to buy, make a fist, open it one finger at a time to remind yourself to allow money to flow out and flow in without being blocked. Then decide how you feel about buying it.
- * Interview financial professionals to find someone you trust to help you have a broader perspective on saving and investing which can lead to a more realistic, livable financial plan.

If you have 3 or more in “e”, you may be:

Dominant Status

Suggestions:

- * Shop for quality not name brands. Limit trendy items to 10% of your purchases.
- * Make a gift list and assign a price to each person. Look for sales and do not buy extras.
- * If you have debt, talk to a professional to learn how to pay it off as quickly as possible.
- * Shop from a catalog to avoid impulsive spending caused by store displays, sales, and persuasive salespeople.
- * Shop when you are feeling good, not when you feel stressed, vulnerable, or pressured.
- * Allow others to give to you and treat you. Learn to say thank you, and try to receive graciously.
- * Set up a budget. Use direct deposits to insure there is money to pay bills and savings for the future. Set up automatic online payments for bills if that is possible.
- * Support yourself with affirmations that you are a lovable, valuable person.

If you have 3 or more in “f”, you may be:

Dominant Spontaneous

Suggestions:

- * Use direct deposits and preset automatic payments. Save a set amount weekly. Even just \$10 a week adds up.
- * Make a list of alternative activities to shopping. Plan to do them with other people.
- * Get rid of store credit cards and keep one major card for emergencies. Leave it home. Pay with cash.
- * Stay out of stores and away from TV shopping networks. Start with a monthly “no shopping week.”
- * Write down everything you spend for a month. Rank each item 1 - 10 for enjoyment and personal value.
- * Before each purchase, ask yourself: *Is this a need or a want? How long will I have to work to pay for it? Is it worth an hour's pay? Is it worth a day's pay?*
- * Talk to a financial professional to set up a plan to get your debts paid off.
- * Consider a support group or counseling if you routinely feel guilty, ashamed, or embarrassed about your spending or debt.