

# What's My Money Script?

A money script describes our relationship with money and resulting behaviors

**You get a bonus at work. You decide to:**

- A. Buy that pair of shoes you've been eyeing.
- B. Put it straight into your 401K.
- C. Text your besties, "we're going out and I'm buying!"
- D. What bonus? You haven't checked your bank account balance in weeks.

**You're calculating your quarterly taxes for your business this year and find yourself:**

- A. Excited to upgrade to the latest phone you've been wanting.
- B. Feeling confident that you've put enough aside for when taxes are due.
- C. Hoping for a tax return to fund your next much-needed vacation.
- D. Starting to sweat. Can't you put this off until next week?

**Your parent wants to sit down and talk about their estate planning as part of their retirement. You respond by:**

- A. Giving advice on what they should do with all their money.
- B. Worrying about how to maintain the estate if they ask you to.
- C. Asking how you can help celebrate their hard work.
- D. Brushing them off saying you are busy for several months.

**You stumble across a video on the importance of running financial reports as a business owner. Your reaction is:**

- A. Anticipation about your next big purchase.
- B. Eagerness to invest your profits for your future.
- C. Determination to work even harder to see those numbers grow.
- D. An upset stomach and your mind going blank.

**Mostly As: Status** "My self-worth is tied into how much money I make."

**Mostly Bs: Vigilant** "I can feel in control of my money."

**Mostly Cs: Worship** "The more money I make, the happier I'll be."

**Mostly Ds: Avoidant** "I don't want to talk about money."

This quiz encourages curiosity around your money story and is not a diagnostic tool.

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