



## Exploration of Values:

What are the top 5 values that must be present for you to feel a relationship with your partner can thrive?

- 1.
- 2.
- 3.
- 4.
- 5.

Brain “dump” some of the ways you recognize you are still not bringing each value to your OWN relationship with money.

## Questions to Consider:

What does financial security mean to you, and how does it make you feel when you think about achieving it?

Reflect on your earliest memory of money. How do you think that experience might have shaped your current attitudes towards finances?

What are your top three financial priorities right now, and why do they matter to you?

How do you approach financial decision-making: with caution, confidence, or anxiety? Can you explain?

Consider a financial mistake you've made in the past. What did you learn from it, and how has it influenced your current financial behavior?

What's one financial goal that makes you excited about the future? Why?

How do you feel about debt? Describe any experiences you've had with debt that might influence these feelings.

What sacrifices are you willing to make for financial stability or wealth, and where do you draw the line?

How important is it for you to invest in experiences (like travel, dining out) versus tangible assets (like property, savings)?

If you received a significant financial windfall tomorrow, what would you do with it, and why?

Discuss a time when you felt really proud of a financial achievement. What was it, and why did it matter so much to you?

How do you define success in terms of finances, and do you feel you're on the path to achieving it?

What role does philanthropy or charitable giving play in your life?

How comfortable do you feel discussing "money matters" with others?

What are your thoughts on financial independence within a relationship?

## Journaling Exercise:

Write down both the explicit AND the hidden expectations that you have of yourself and your partner financially.