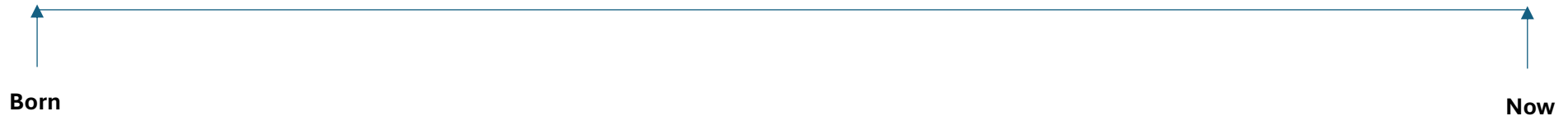


Life timeline

First of all, please print this sheet. Think back over your life so far and recall a handful of money-related memories. Mark the positive memories above the timeline and the negative ones below the timeline. Note down your feelings, thoughts and actions you took then plot them as a graph by drawing a line through the events. What do you notice about your money-related memories?

Positive



Negative



Look at the memories that you've noted down. Ask yourself:

- What was my attitude to money at that time?
- How was money talked about by the role models I had at that time?

And now we'll move forward to the present day again. Think about the questions but also about any links you can identify between your money memories and changes that you'd like to make going forward:

- What would I like to change about my financial behaviour or reality?
- What do I wish I'd do differently with my finances and financial behaviour
- What do I wish I'd feel differently about with my finances and financial behaviour