

Writing Your Money Autobiography

The purpose of writing a money autobiography is to increase your awareness of the various factors that influence your relationship with money.

I am deeply grateful to [Faith and Money Network](#) (formerly Ministry of Money) for developing this practice, and to [Harvest Time](#) for a few changes in the questions.

What is your happiest memory in connection with money? What is your unhappiest memory?

Reflect on the role of money in your childhood. What were the messages you received from each of your parents about money? How did you handle money as a child? Did you feel poor or rich? Did you worry about money?

What was your attitude about money as a teenager? What are your memories of this period?

What role does money play in your life as an adult? As a parent?

How do you feel about your present financial status? What is your present financial status?

Do you feel guilty about the money you have?

Do you count your money?

Are you generous or frugal with your money? Do you spend money on yourself? If so, do you do it easily?

When you eat with friends and there is a group check, are you the one to pick it up? Do you make sure that you pay your share and that it includes tax and tip?

Do you tend to be more on the giving end of things or on the receiving end?

Will you inherit money? Do you think about that?

Have you made a will? If not, why not? Did you include anyone in your will beside your family?

How do you determine how much is enough?

Do you give a percentage of your income? If so, how do you feel about doing so?

What are your reasons for giving?

How do you deal with the fact that two-thirds of the people of our world are poor? If you have personal relationships with people who are poor and /or work for social justice, how has that affected your attitude toward money?

How do you feel when strangers on the street approach you asking for money?

How does having more/less money than your spouse, partner, or friend impact your relationship with that person?

What experiences have you had of rich and poor living and/or working happily together? What did it require of each?

How would you feel if you discovered that your income was derived from questionable enterprises?

How do you feel about asking other people for money...for yourself, a worthy cause, your congregations, etc.?

Do you ever use money to control events and/or people? Do you ever use money to give others freedom and opportunity?

How have your thoughts about money and your behavior been shaped by your faith? What is your understanding of what the Bible says about money?

How does your faith influence how you spend money? How you invest it?

In what ways is your relationship to money a training ground for your spiritual journey or an expression of your deepest values?

What is your deepest longing when it comes to money?