

Emotions of Money – Tips Based on Personality,

If you find yourself overusing one of the below, consider starting with one of these suggestions to create more balance!



Status

- Shop for quality, not name brands. Limit trendy to 10% of your purchases.
- Make a gift list with price limits for each person. Look for sales. Do not buy extra gifts with savings.
- If you have debt, talk to a professional to learn how to pay it off as quickly as possible.
- Don't shop with people you want to impress.
- Shop when you are feeling good, not when you are feeling tired, hungry, stressed, or angry.
- Learn to influence and negotiate instead of winning people over by spending money to impress them.
- Set up a budget. Use direct deposit to ensure there's money to pay bills and save for the future. Set up automatic bills if possible.
- Support yourself with affirmations. Remind yourself that you are a valuable person.



Carefree

- Know the realistic expenses needed to support yourself-even if you don't pay them. (Insurance, rent utilities etc)
- Become familiar with the basics. Simple things like rounding expenses up and the income down make numbers easier to work with. Make a basic budget and track your money.
- If someone pays your bills, go over a month's expenses to know what you need.
- If you have investments or inherited money, go see a financial professional. Find out how much money you have and how it's managed.
- Determine if you are paid fairly at work.
- If you avoid talking about money because of a lack of skills, consider taking a class or being tutored.
- If you have fears about commitment, responsibility or having money or anything valuable, you may find it helpful to work with a counselor.



Spontaneous

- Use direct deposits and pre-set payments. Save a set amount weekly. Even \$1/week adds up.
- Make a list of alternatives to shopping. Do them with others.
- Keep one major credit 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 week or a month. Rank each item 1-10 for enjoyment and 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 week's pay?*
- Talk to a financial professional to make a plan to pay off your debts.
- If you feel guilty, ashamed, or embarrassed about your spending or debt or if you physically feel out of control when shopping, consider a support group or counseling.



Planning

- Learn effective communication skills to use when others pressure you to spend money in a way that conflicts with your goals or values.
- Understand the money messages from your past.
- Ask yourself if your goals reflect your wants and needs-or if you are just doing what others expect or think you should.
- Be supportive and giving to others
- Take a break from being productive and goal orientated 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 different lifestyles and values. Try to see things from their perspective.



Security

- Include fun, gifts and spontaneous opportunities in your budget.
- Spend less time checking and more time managing your money
- Plan to spend money on a gift or activity for yourself every month.
- Talk to people you love to understand how your money behavior affects your relationships.
- Face your fear. Put everything you'd need to survive in a bag or suitcase. Keep it to be prepared for the worst.
- If you say "no" out of habit to something you want to buy, make a fist. Open it one finger at a time to remind yourself to allow money to flow in and out. Then decide if you will buy it.
- Find a professional you can trust to focus on planning for your life not just saving every penny.



Giving

- Plan activities you'll enjoy that are unrelated to charities or people who need your help.
- Do you give away your time? Know the value of your work. Negotiate a fair salary.
- Know how much you can give and how you like to give-one big amount, small gifts to multiple people/charities. Stick to your plan.
- Have a plan for giving that includes giving to yourself and your future.
- Realize that having money is not, by itself bad or sinful and being poor is not honorable or shameful.
- Before helping others, consider if you're keeping others from learning to be responsible.
- If you attract people in need, consider the benefits you receive by being needed by others'.
- Identify your needs, wants and ideas. Be aware of a tendency to agree to others plans before you have thought about what you would like to do.