

# Mind & Money: The Psychology Behind your Financial Decisions

Money is more than math — it's psychological! We can have the "perfect" Excel model for investing...but still be afraid of getting started.

When we learn how money really works, it is surprisingly simple — picking the right accounts, automatically investing, etc. — but one thing we often overlook is unlearning the bad money habits we've grown up with.

This session unpacks common 'money myths' we've been taught through the way our parents used to talk about money. If we heard different narratives growing up than our spouses, this can cause a lot of friction and relationship issues. Together, we will learn how to talk about money in a relationship and in the family.

## Learning Objectives

- Understanding common narratives and how they affect our decision-making
- Learning how to talk about money with your loved ones
- Application: Learn to identify and let go of the toxic money beliefs, and how to overcome your fear around money decisions

## Content Outline

### Understanding “Money Narratives”

- Understanding our Narratives about Money in our Subconscious that were Developed from Childhood, and Influence our Spending Decisions
- 4 Types of Money Narratives: Money Avoidance, Worship, Status, Vigilance

### Money & Relationships

- Why Do We Avoid Talking about Money?
- Different Ways of Talking About Money with: Your Partner, Friends, Kids
- Generational Money Habits

### Application: Awareness, Change & Maintain

- Learning about Your Relationship with Money
- Challenging your Limiting Beliefs