**The Meaning of Money** *Rank each following statements1-5*

*(1=strongly disagree 2=disagree 3=undecided 4=agree 5=strongly agree)*

\_\_\_\_ 1. I look up to people who have been very financially successful.

\_\_\_\_ 2. In making big purchases, I worry what others will think of my choice.

\_\_\_\_ 3. Having high quality things reflects well on me and my family.

\_\_\_\_ 4. It is important for me to have a life similar or better than others.

\_\_\_\_ 5. Having some extra money in savings is very important to me.

\_\_\_\_ 6. I would rather have extra money in the bank than some new thing.

\_\_\_\_7. I prefer moderate investing and returns verses high risk, high rewards.

\_\_\_\_ 8. I feel more secure when I know we have enough for our bills.

\_\_\_\_ 9. I really enjoy shopping and buying new things.

\_\_\_\_ 10. People who have more money have more fun in life.

\_\_\_\_ 11. I really enjoy spending money on myself and others.

\_\_\_\_ 12. Money can’t buy happiness, but it sure helps.

\_\_\_\_ 13. Those who control the purse strings call the shots.

\_\_\_\_ 14. I’m uncomfortable putting all my money into a joint account.

\_\_\_\_15. An important benefit of money is the ability to influence others.

\_\_\_\_ 16. I think we should have control over the money we earn.

 **Add Your What it**

**Category \_ #s \_\_\_\_\_\_Score Means\*\***

Money as Status 1-4 \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Money as Security 5-8 \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Money as Enjoyment 9-12 \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Money as Control 13-16 \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

**\*\*added scores of 17-20=very high, 13-16=high, 9-12=moderate, 4-8=low**

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*\*\* from mindful.com\*\** Practicing gratitude is the first step to living free. It starts with noticing the little wins and stringing them together to create a web of well-being. The more you feel gratitude, the more you’ll notice to be grateful for! Here are 10 simple ways to become more grateful:

1. **Start by observing**. Notice the *thank yous* you say. Just how much of a habitual response is it? Is it a hasty aside, an afterthought? Stressed, uptight, a little absent-minded? Do a [quick scan of your body](https://www.mindful.org/beginners-body-scan-meditation/)—where in your body are you feeling these emotions?
2. **Pick one interaction a day**. When your instinct to say “thanks” arises, stop for a moment and take note. Can you name what you feel grateful for?  *Then* say thank you.
3. **Keep a**[**Gratitu**](https://www.mindful.org/a-simple-weekly-mindfulness-practice-keep-a-gratitude-journal/)[**de Journal.**Establish a daily practice in which you remind yourself of the gifts, grace, benefits](https://www.mindful.org/a-simple-weekly-mindfulness-practice-keep-a-gratitude-journal/), and good things you enjoy.
4. **Remember the Bad.**  It is helpful to remember the hard times and how far you have come, you set up an explicit contrast in your mind.
5. **Ask Yourself Three Questions.** “What have I received from \_\_\_\_\_?”, “What have I given to \_\_\_\_?”, and “What troubles have I caused?”
6. **Share Your Gratitude with Others.** Expressing gratitude can strengthen relationships. When someone does something you appreciate, be sure to let them know. Even broadcast that gratitude on social media.
7. **Come to Your Senses.** Through our ability to touch, see, smell, taste, and hear—we remember what an incredible miracle it is to be alive.
8. **Use Visual Reminders.** Because forgetfulness and a lack of mindful awareness block gratitude have visual reminders for your gratitude.
9. **Watch Your Language.** Words have power. Are you focusing on scarcity or abundance? What you have to do or what you get to do?
10. **Go Through the Motions.** Smile, say thank you, write letters of gratitude—until you start to realize you actually mean it!

**Podcast suggestions for this week**:

* NPR Life Kit: The Emotions Behind Money—19 min. Financial health is almost always a spiritual and emotional issue—here’s a primer.
* NPR Life Kit: Money Talks: How to Teach Kids about Finance—20 min.

We learn our meaning of money from our families, so here are some good ideas on how to help those with kids of all ages at home.

* Pete the Planner: Effects of Financial Stress—51 min. The first part of this episode deals with the link between suicide and financial stressors and how to get through those hard times safely.

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