



Financial Behavior Health Workbook

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Understanding the Why and the How of Financial Circumstances

Financial behavior is rooted in childhood and influenced by various factors such as family, gender, age, financial experiences, beliefs, religious observances, social environment, and racial or ethnic experiences. Financial stability and sound money management are often integral to the success of a person's livelihood. Financial behavior may include budgeting, saving, & debt management, leading to an improved level of financial well-being (Huston, 2015). Financial behavior could also include impulsive spending, poor budgeting, & excessive debt leading to financial stress, anxiety, & relationship problems (Sabri et al., 2014). Financial stressors or traumas could include job loss, foreclosure, bankruptcy, legal issues, heirs' property disputes, or porous financial boundaries. If you are a financially distressed producer, additional factors could contribute to the financial stress, including fewer financial resources, constraints in raising capital for expansion, an aging population, credit constraints, competition for land from environmental and urban uses, and increasing land ownership concentration (Smith, 2020). Regardless of your profession, financial circumstances can impact you physically, emotionally, mentally, psychologically, and socially. All can greatly affect your mental health, either positively or negatively.

This publication focuses on helping you identify the roots that impact your relationship with money. These roots can affect your thoughts, attitudes, feelings, and beliefs that shape financial behavior. This is a behavioral health approach that offers a reflective personal guide through understanding your money story, money mindset, and money triggers. By understanding and reframing your relationship with money, you can reduce overthinking, anxiety, communicate boundaries, and

ultimately decrease your stress. The goal is to empower you by planting seeds of financial behavioral change with actionable takeaways to take control of your money and your life.

Before starting the exercise, please engage in the 4-7-8 breathing technique. The benefits of the diaphragmatic breathing technique may lead to positive outcomes including reducing stress (cortisol levels) and anxiety, promoting relaxation, and enhancing sleep quality. Research specifically highlights benefits like improved blood pressure and heart rate variability associated with the 4-7-8 technique. (Arnett, 2022). The technique involves inhaling for four seconds, holding the breath for seven seconds, and exhaling for eight seconds with a whooshing sound created by placing the tongue behind the front teeth. After four repetitions, individuals typically experience a sense of calmness.

Complete Self-Assessment 1- Money Habits

Once you've answered the questions honestly, take a look at the breakdown:

More "Yes" answers: This might indicate areas where your current habits are in line with your financial goals.

More "No" answers: These areas might require some attention.

Focusing on Opportunities for Improvement:

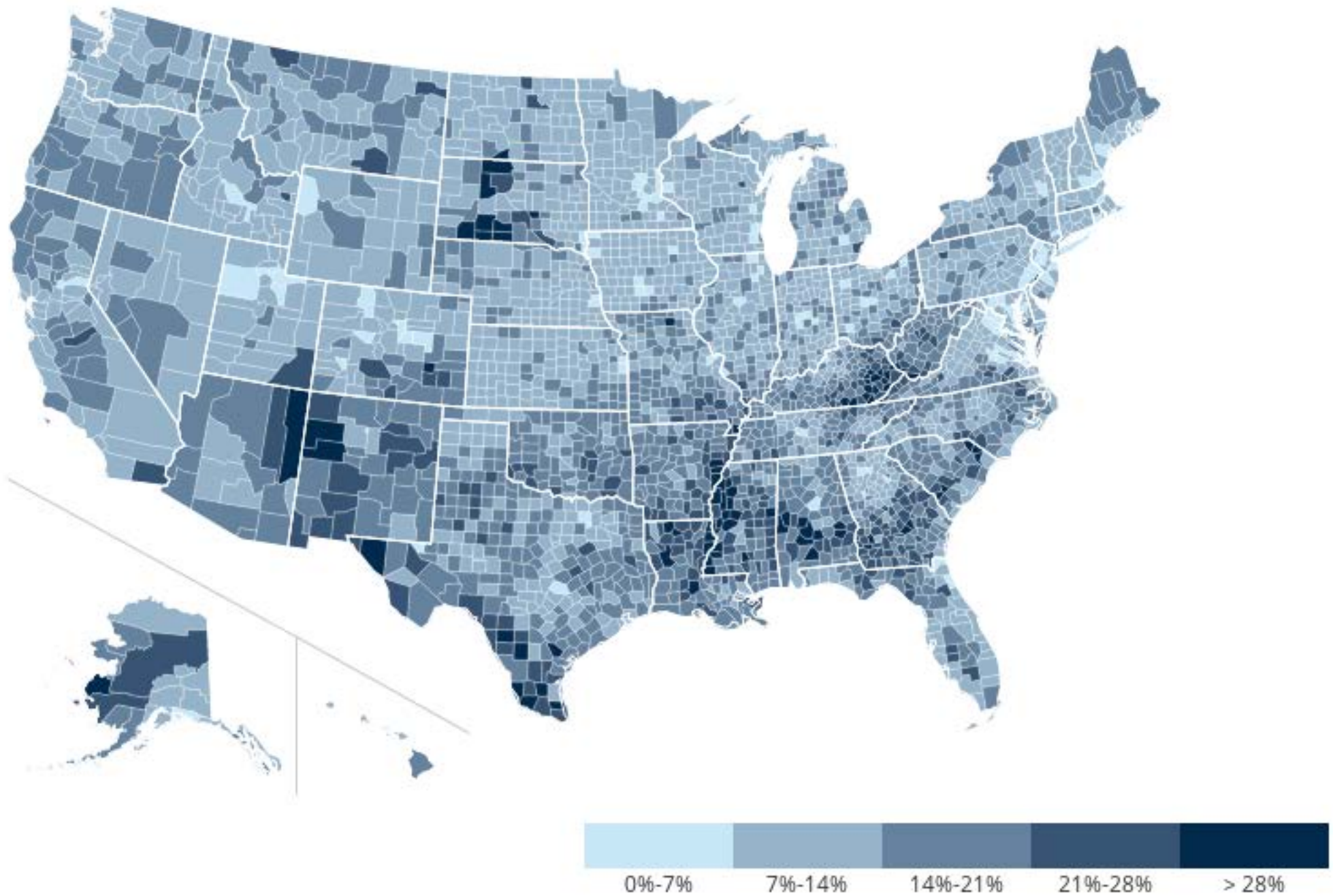
Instead of feeling discouraged by "No" answers, view them as opportunities for growth!

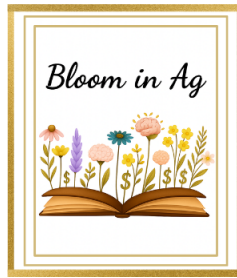
Choose one "No" area to work on: Don't try to change everything at once. Pick a single question where you answered "No" that feels manageable to address.

Invest time in researching and learning with the mindset to grow.

Complete Weekly Worksheet for Reflection

Poverty, 2022





Bloom in Agape: Money Habits Check-In

Circle Yes or No. Be honest — this is just for you.

Goal Setting & Planning

Question	Yes	No
Do you have written financial goals?	<input type="checkbox"/>	<input type="checkbox"/>
Have you created a financial plan to achieve them?	<input type="checkbox"/>	<input type="checkbox"/>
Do you follow a budget to track your income and expenses?	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly revisit your budget and adjust it to your reality?	<input type="checkbox"/>	<input type="checkbox"/>

Emotional Spending & Financial Boundaries

Question	Yes	No
Do you sometimes feel guilty after spending money, even on essentials?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use shopping, food, or entertainment as a way to cope with stress?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty sticking to your budget and avoiding unnecessary expenses?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty saying no when friends or family ask for money?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever run out of money before the end of the month?	<input type="checkbox"/>	<input type="checkbox"/>

Credit Awareness

Question	Yes	No
Do you carry a credit card balance from month to month?	<input type="checkbox"/>	<input type="checkbox"/>
Do you usually pay more in interest than in principal on credit cards?	<input type="checkbox"/>	<input type="checkbox"/>
Have you received any calls or letters from collection agencies?	<input type="checkbox"/>	<input type="checkbox"/>

Do you have a copy of your credit report from this year?	<input type="checkbox"/>	<input type="checkbox"/>
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Savings & Retirement

Question	Yes	No
Do you save money consistently each month?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an emergency fund to cover unexpected expenses?	<input type="checkbox"/>	<input type="checkbox"/>
Are you contributing to a retirement plan (401k, IRA, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>

Financial Security

Question	Yes	No
Do you consistently pay your bills on time and avoid late fees?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have adequate health insurance coverage for yourself (and your family, if applicable)?	<input type="checkbox"/>	<input type="checkbox"/>

Financial Understanding & Communication

Question	Yes	No
Do you feel comfortable discussing money with someone you trust (advisor, friend, or mentor)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you understand basic financial concepts like interest rates, compound interest, and budgeting?	<input type="checkbox"/>	<input type="checkbox"/>

Reflection

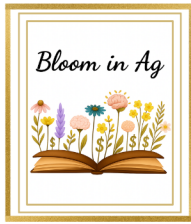
- Count your 'Yes' answers → These are your strengths.
- Circle 1–2 'No' answers → These are your opportunities for growth.

Next Step

For each 'No,' write ONE small step you could take this week.

Example: If I said 'No' to saving every month → This week I'll save \$5 in a jar.

- Remember: this is not about being perfect. It's about progress, one step at a time.



Weekly Worksheet for Reflection

Date: _____

Reflect on the past week(s): What positive things have occurred? What did these experiences mean to me? About me? What do I deserve credit for?

What problems came up? If they're not resolved, what do I need to do?

Did I create a Financial Action Plan to address the 'No' answers from Exercise 1: Unraveling Your Money Habits: A Self-Reflective Guide?

What obstacles could hinder me from making financial behavior changes this week?

Looking Forward: How do I want to feel by this time next week? What do I need to do to make that happen?

What goals do I have for this week? What steps should I take?

What problems could get in the way?

Making time for myself, should I: • Schedule pleasure, mastery, self-care, or social activities? • Practice skills for mindfulness? • Keep a positive experience list?

What could I do to serve others?

I take responsibility for my personal and financial wellbeing.

MONEY STORY-The Benefits of Self-Assessment

Money habits often develop in childhood, sometimes without conscious awareness. Even though you are no longer a child, you may still behave in ways shaped by your early experiences with money, potentially jeopardizing your financial future. Making peace with the past is essential to improving your financial future. Differentiating between conditioned beliefs and actual beliefs, as well as distinguishing learned behavior from innate tendencies, helps connect more authentically to both money and yourself. The process takes time but is worth the effort (Klontz & Klontz, 2009). Consider your earliest memories related to money. Were there lessons learned? Did you grow up in a household where financial discussions were frequent? Perhaps you remember times of abundance and scarcity, shaping your view of financial stability. These experiences contribute to your money story and play a role in how you manage your farm today. Reflecting on these memories can reveal the root of your financial behaviors and attitudes.

As you explore where your money beliefs originated, think about the external influences that shaped them. Economic downturns, government policies, and community norms all play a part. Growing up during economic hardship might have fostered a risk-averse, frugal mindset, always preparing for the next financial crisis. Conversely, experiencing prosperity might have led to a more risk-tolerant approach to spending and investing. Understanding these influences helps contextualize your money story (Furnham, 2014).

One of the most impactful ways to gain insight into your relationship with money is by understanding your money story. This journey of exploration is especially important for those who are financially distressed. A money story is your unique relationship with money, and is

made up of your observations, experiences, beliefs, attitude, thoughts and feelings about money.

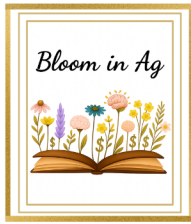
By better understanding your money story, you will recognize and appreciate how it has impacted your financial circumstances and every aspect of your life. Exercise 2 – Money Story- offers the opportunity to delve into the origins of your money beliefs and behaviors and see how they have been woven into the fabric of your life. Knowing which beliefs and behaviors are helpful and which are not will guide you in deciding which to keep and which to discard (Wolfsohn, 2024). Unresolved childhood issues may require professional counseling.

Before starting the exercise, please

1. Create a Money Space. The environment and surroundings you live in play a significant role in your success. Create a Money Space in your home and life to support your specific behavior changes. The Money Space is where you can date your money in order to improve your relationship. Give her the attention she deserves by lighting one candle (or a candle alternative) and listening to soothing music (classical, new age, jazz, etc.).
2. 4-7-8 Breathing. To combat the stress, anxiety, restlessness, practice this science backed 4-7-8 breathing technique. The benefits of the diaphragmatic breathing technique may lead to positive outcomes including reducing stress (cortisol levels) and anxiety, promoting relaxation, and enhancing sleep quality. Research specifically highlights benefits like improved blood pressure and heart rate variability associated with the 4-7-8 technique. (Arnedt, 2022). The technique involves inhaling for four

seconds, holding the breath for seven seconds, and exhaling for eight seconds with a whooshing sound created by placing the tongue behind the front teeth. After four repetitions, individuals typically experience a sense of calmness.

3. Self-Assessment 2: Money Story



Self-Assessment 2: Money Story

Date: _____

Explore your money beliefs and behaviors and see how they have shaped your life. Identifying which beliefs and behaviors are helpful and which are not will help you choose which to retain and which to discard.

Thinking back to when you were a child: What is your earliest memory involving money?

What habits or behaviors did you observe from your parents?

When you were growing up, what lessons about money did you receive from your: Father's relatives? Mother's relatives? Friends? Neighbors?

During your childhood, did you feel that your family had enough money?

Which of the money lessons you learned in childhood are still relevant and applicable today?

Which are not?

How did your childhood money experiences influence your education, career, and relationship choices?

How do you think your parents have influenced your beliefs about money?

What's one harmful money lesson from your childhood that you feel ready to release? (Tip: Use 4-7-8 breathing.)

Today, how much money would you need annually to feel financially secure?

How would having that amount of money potentially change your life?

How do you think having that amount of money would influence your personal identity or character?

What weekly planning and steps are you prepared to take to get that money?

What actions are you unwilling to take to get that money?

Summarize your money story or write an essay.

MONEY HABITS-TRIGGERS Identify Where You Want to Be in the Future

Choosing to change your financial habits begins with recognizing that you want, need, or deserve more from your life. This involves identifying your behavior habits, triggers, family dynamics, and boundaries. Recognizing your financial behavior patterns will help you understand where changes need to be made. For instance, if you often find yourself spending impulsively or neglecting to save regularly, these patterns can be identified and altered to better align with your financial goals.

Consider the various triggers that influence your financial decisions. These triggers could be emotional, such as stress, sadness, boredom, loneliness or situational, like a sale or peer pressure. By identifying your triggers, you can develop strategies to manage or avoid them, thereby improving your financial habits. For example, if stress or boredom leads you to overspend, finding healthier ways to cope to prevent unnecessary expenditures. Healthier ways to redirect overspending includes journaling, exercise, practice gratitude list, seek the help of a financial therapist.

Reframing negative thoughts into positive statements can also help improve your financial outlook. For example, instead of thinking, "I will never get out of debt," you might say, "I am taking steps to reduce my debt each month." This positive mindset can motivate you to stick to your financial plan and overcome obstacles. It's important not to confuse self-worth with net worth. Recognizing that your value is not tied to your financial status can help you develop a healthier relationship with money and pave the way for financial success.

Understanding the role of family dynamics in your financial life can also be insightful. Family buy-in is a critical aspect. Very few people build wealth or a sustainable financial life by dragging

along someone who is financially irresponsible. If a family member refuses to work, lies about finances, or neglects responsibilities like sticking to the budget, they can create a stressful and unsustainable financial situation for everyone involved. Therefore, gaining the support or establishing boundaries with your family is essential for long-term financial success.

Learning to establish boundaries is also crucial. A boundary is a firm limit you set for yourself, such as deciding not to spend more than a certain amount on non-essential items each month. Clearly defining and executing these boundaries can prevent financial conflicts and ensure that your financial plans are respected. It is unlikely that emotionally immature people will respond well to your boundaries. Be prepared for them to block you, give you the silent treatment, create drama, or have a tantrum. Your job is to create and maintain a sustainable financial life. Refrain from rescuing others from their financial problems by only giving what you can afford to give. Avoid people who threaten your financial security. Boundaries sound like: I only lend money to family members after discussing and mutually agreeing on a repayment plan.

When it comes to couples and money, open communication and shared financial goals are vital. Understanding each other's money habits and triggers towards money as well as working together to create a financial plan can strengthen your relationship and improve your financial stability. (Wolfsohn, 2024).

Preparation is key.

1. Visit your Money Space. Light one candle (or a candle alternative) and listen to soothing music (classical, new age, jazz, etc.).

2. Practice 4-7-8 Breathing.

3. Complete

MONEY MINDSET- Understanding What Money Means to You

It is your mindset or mental attitude that determines the way you view the world and yourself. Your mindset, which encompasses your money story, experiences, personal history, and family circumstances, is influenced by what you observed, learned, or had role-modeled by the authority figures in your life during childhood. These early influences shape how you perceive and approach various aspects of life, including money management and financial decision-making. Often, mindsets are passed down from one generation to the next. There are two fundamental types of mindsets: growth and fixed. Adopting a fixed mindset might lead you to avoid risks and perceive setbacks as personal limitations rather than opportunities for growth. Conversely, embracing a growth mindset encourages you to view challenges as learning opportunities, motivating you to continuously improve your financial strategies and achieve long-term goals effectively.

By incorporating principles of growth mindset, individuals approach their goals with the belief that abilities and skills can be developed through dedication and effort (Dweck, 2006; Covey, 1989). The growth mindset encourages continuous learning and adaptation, fostering resilience in the face of setbacks and challenges. By articulating your desires across various life domains, including relationships, work, finances, physical health, emotional well-being, and spiritual growth, you activate a deliberate process of goal-setting and attainment.

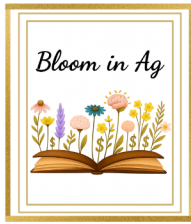
Known as the "1 Page Miracle," this practice involves succinctly defining your aspirations on a single page, compelling your frontal brain to prioritize and strategize effectively. Regularly revisiting this document reinforces your commitment to aligning actions with intentions. Asking yourself daily, "Is my behavior aligning with what I want?" serves as a powerful

checkpoint, ensuring that your actions are purposeful and conducive to achieving your desired outcomes across all facets of life. This reflective practice fosters mindfulness and empowers proactive decision-making, ultimately steering you towards a more fulfilling and balanced existence.

1. Visit your Money Space. The Money Space is where you can date your money in order to improve your relationship. Give her the attention she deserves by lighting one candle (or a candle alternative) and listening to soothing music (classical, new age, jazz, etc.).

2. Practice 4-7-8 Breathing. To combat the stress, anxiety, restlessness, practice this science backed 4-7-8 breathing technique. The benefits of the diaphragmatic breathing technique may lead to positive outcomes including reducing stress (cortisol levels) and anxiety, promoting relaxation, and enhancing sleep quality. Research specifically highlights benefits like improved blood pressure and heart rate variability associated with the 4-7-8 technique. (Arnedt, 2022). The technique involves inhaling for four seconds, holding the breath for seven seconds, and exhaling for eight seconds with a whooshing sound created by placing the tongue behind the front teeth. After four repetitions, individuals typically experience a sense of calmness.

3. Complete What Do I Want?: The One Page Miracle Question & Answers



What Do I Want? The One Page Miracle

Date: _____

What do I want in a relationship?

What do I want at work?

What do I want financially?

What do I want physically?

What do I want emotionally?

What do I want spiritually?

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Everyday, ask yourself: Is my behavior getting me what I want?

Money Management Plan Help Clients Manage Their Money Instead of Allowing Their Money to Mis-Manage Their Lives

Managing your money effectively is crucial to ensuring it enhances rather than controls your life. Utilizing tools like a monthly estimation worksheet can help you manage regular and irregular income and plan for future expenses with confidence.

Exploring cultural and generational influences on financial attitudes provides a broader perspective on your financial behavior. Understanding how priorities like production over profit or a deep connection to the land shape your financial decisions empowers you to make informed choices aligned with your values. Implementing a comprehensive money management plan is crucial. This includes estate planning, tax preparation, management of heirs' property, insurance coverage, succession planning, maintaining a net worth statement, and conducting a personal financial inventory. These strategies aim to optimize financial health, foster successful outcomes, and support your long-term financial well-being.

Most stress stems from not taking action over something you can control. The main cause of financial stress is ignoring things that shouldn't be ignored.

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