

Verbal Conditioning Exercise:

Write down everything about relationships, money and health you heard as a child.

Modeling Exercise:

Describe your family dynamics as well as each parents' behavior and habits around money, health and relationships.

(spender, saver; healthy, unhealthy, etc)

Chances are, you will be exactly like one or the other or you will be completely opposite. (It will all depend on the meaning you have attached to your experiences)

Who do you have a tendency to model? (Mom, Dad, sibling, other)

Explain: