

SkimmU



theSkimm on
Psychology of Money

Worksheets to help you live your smartest financial life



Presented by  **Fidelity**
INVESTMENTS

PSYCHOLOGY OF MONEY

Money and Your Emotions

**What's theSkimm of this exercise?**

To help you ID feelings you've experienced as it relates to your money.

Here's how this is gonna go:

Brainstorm times you've felt these emotions about your money. Don't overthink it. There are no wrong answers (unless you leave them blank).

For example:

Nervous: I feel nervous about money (ok, like I wanna throw up) when I check my credit score.

Excited: I feel excited about money when I can pay more than the minimum on my student loans. Go me.

Insecure: I feel insecure about money when...

Confident: I feel most confident about money when...

Stressed: I feel stressed about money when...

Anxious: I feel anxious about money when...

Intimidated: I feel intimidated about money when...

Embarrassed: I feel embarrassed about money when...

Hopeless: I feel hopeless about money when...

Confused: I feel confused about money when...

Nervous: I feel nervous about money when...

Guilty: I feel guilty about money when...

Sad: I feel sad about money when...

Excited: I feel excited about money when...

PSYCHOLOGY OF MONEY

What Do You Believe?

What's theSkimm of this exercise?

To help you discover what you believe about money. Because that can help you understand unconscious assumptions that may be influencing your financial decisions.

**Here's how this is gonna go:**

Fill in the blanks. Again, everyone who does this assignment gets an A.

1. Rich people are rich because
2. You should always spend money on
3. You should never spend money on
4. I don't deserve to spend money on myself because
5. You should always give money to
6. I could never afford to
7. I will never have enough money because
8. I work hard. Therefore, it is important for me to
9. It's more important to save than to pay off debt because
10. Financially, I am entitled to
11. Financially, I don't deserve
12. I don't know where to begin with my finances because
13. I am unable to manage my money because
14. I am afraid to look at the total cost of my monthly expenses because