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ABOUT THE CFPB

The Consumer Financial Protection Bureau is a government agency built to protect consumers. Our free resources help you have the information you need to make informed financial decisions.



WORKSHEET

Who's in my money circle?

prototype
only— not for
distribution

This tool will help you:

- **See** who makes money choices at home
- **Consider** how those choices are made
- **Think** about how other people's money choices and attitudes affect your own

Think about this:

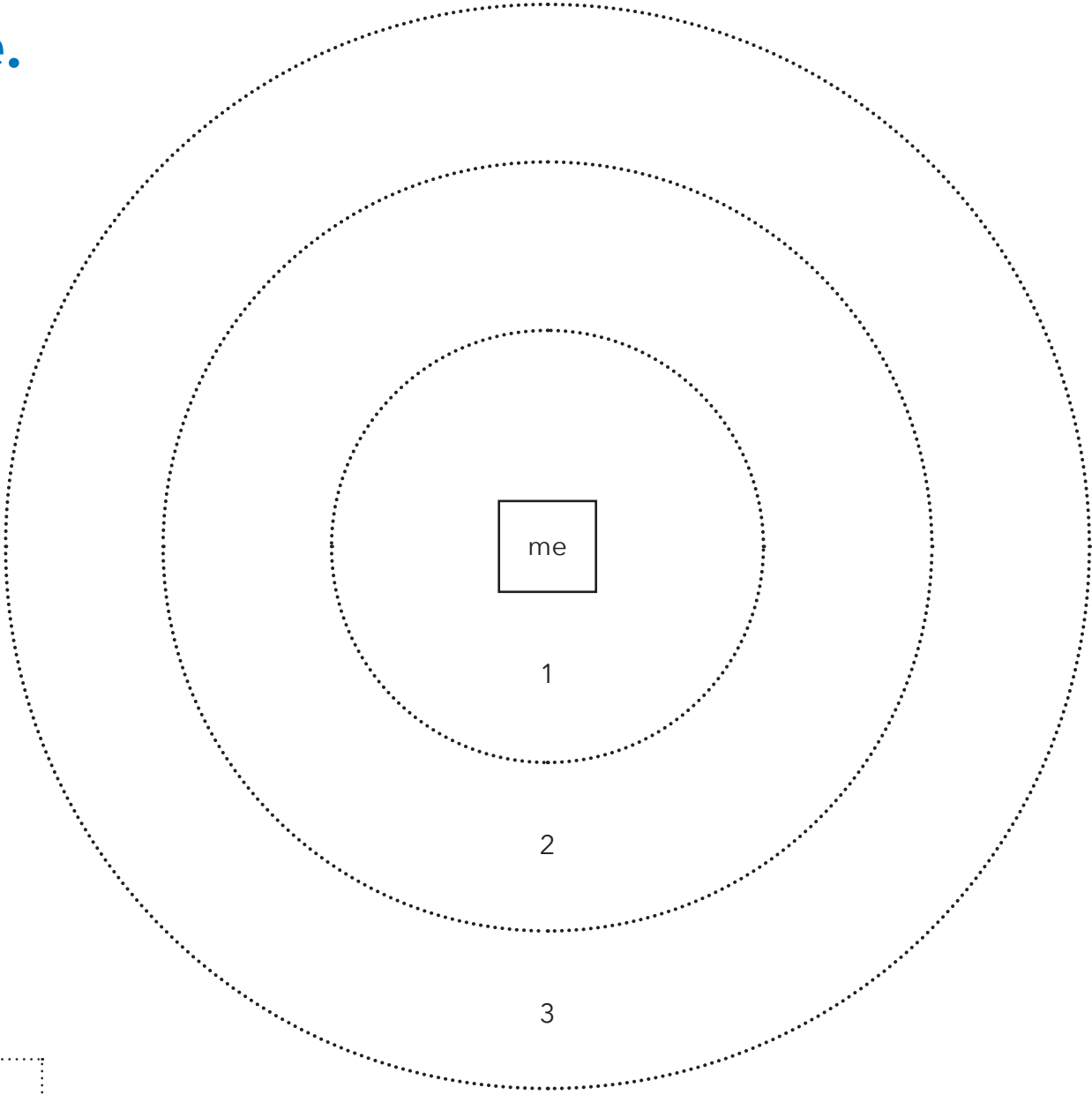
Families make money choices together and separately. Whether we realize it or not, each person's ideas and decisions can affect our own. By mapping your money circle, you can begin to see how different people handle financial choices, and how their ideas and attitudes about money may affect your own.

Start with one question:

Who makes money choices in your family?

Draw your money circle.

- 1 In the center circle, draw and label squares to indicate who in your family **makes important financial choices**.
- 2 In the middle circle, draw and label triangles to indicate **who else is in your home**.
- 3 In the outer circle, draw and label stars to indicate other people whom you **give money to, receive money from, share with, or discuss money decisions with**.
- 4 For each person you've drawn, list **two or three financial areas for which they are responsible** (like housing, groceries, entertainment, income, budgeting, donations, etc.).
- 5 Next to each person, write **two or three words** that best describe **their money style** (how they make money choices). Use the list below for ideas, or come up with your own.



Planner	Spender
Avoider	Worrier
Careful	Saver
.....

Thought starters

How are the money styles in your inner circle similar or different from those in the outer circles?
 In what situations are the differences helpful, and in what situations are they difficult?

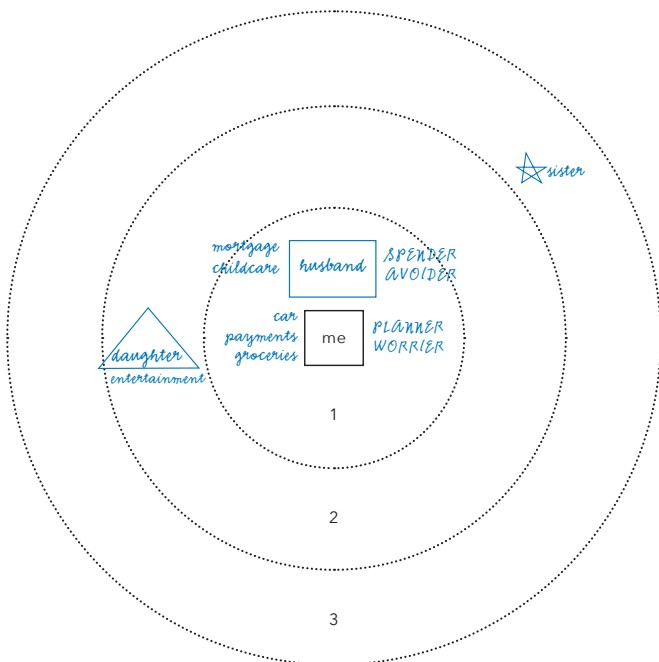
Who's in my financial family circle?

GUIDING THE CONVERSATION

Financial decisions are never made in a vacuum. They are influenced by our feelings and attitudes toward money, and—whether we recognize it or not—by the financial feelings, attitudes, and behaviors of the family members around us.

This worksheet is intended to guide a conversation between you and your client about the role family members play in influencing financial behaviors. By making those connections visible, this 10-minute exercise may spark a new awareness of their own behaviors and choices, which can lead to new ideas or strategies to achieve their financial goals.

This worksheet is intended to be completed as part of a conversation between a practitioner and a client. It is designed to start a conversation and **is not meant to be completed alone.**



Sample worksheet

CIRCLE TIPS

- 1: Refers to your client and anyone else making big money decisions in the family.
- 2: Refers to others living in the home.
- 3: Refers to those people outside the immediate family, whom your client gives money to, receives money from, shares resources with, or with whom they discuss money decisions or advice.

RESOURCES

Is this a good tool for your client? This tool is for use with clients who are ready to explore their relationship to money. It is not advised to use the tool with clients and families in the middle of crisis, or with families where there is a high level of tension, or risk of conflict.

Need to make a referral? Money arguments can be a sign of much deeper issues. If you are in a situation where you feel unqualified or uncomfortable, refer your client to a licensed mental health professional or, if feasible, to one with specific training in financial planning. Please consult with a peer or supervisor right away if you have questions. One example of a website that may be helpful is the Financial Therapy Association Network.

www.financialtherapyassociation.org/find-a-ft

Want the theory behind this worksheet? Read the literature review upon which it's based. www.SonyaBrittPaperTBD.gov

Want more exercises like this? Check out the CFPB's Your Money Your Goals toolkit for more resources and conversation starters.

www.consumerfinance.gov/your-money-your-goals/