

# Resource Management Quiz:

## How Do You Think and Feel About Your Time and Money?



### Before You Start:

Listen to Episode 57: [www.go2.lc/YHIS57](http://www.go2.lc/YHIS57)

### 1. Identify Your Current Beliefs

Since our beliefs are primarily formed in childhood, think about the household you grew up in.

- **Questions About Time**

- How did your family spend time when you were growing up? Was it a source of conflict?
- Was your time used mainly for production, work, school, activities, etc.?
- Did you always feel busy, like you were never home?
- Were you often home alone?
- Was there stress about not having enough time?
- Did you grow up missing time with one parent?
- Did you have quantity but not necessarily quality time?

- **Questions About Money**

- Was money a source of conflict in your home growing up?
- Did you feel worried or insecure about having your needs met?
- Was money a tool used to control people?
- Did you get a new toy every time you went to the store?
- Were you given gifts or money in lieu of a relationship?
- How would you describe your mindset around money as a kid?

### Potential Beliefs From Childhood

- If you experienced a lot of conflict around either of these subjects, you might avoid talking about it with others.
- If you worried about not having your needs met, you might now carry a fear of not having enough that drives your need for security.
- If you saw either time or money being used to control people, you might have a current belief that having time or money equals being worthy or lovable.
- Take some time to think about what beliefs may have formed from your past experiences. Consider writing them down or putting them in a place where you can reflect about them.

## 2. Identify Your Current Behaviors

Use these questions to spot patterns in your daily life.

- **Questions About Time**
  - What does it look like for you to feel you are using your time in a way you are pleased with?
  - What does it look like for you to feel stressed about time?
  - What are your biggest fears with time?
  - What excites you about time?
- **Questions About Money**
  - Are there times or moments when you want to spend more money?
  - Are there times or moments when you want to save more money?
  - How does spending money feel to you? Does it matter what you are spending it on?
  - What are your biggest fears with money?
  - What excites you about money?

## 3. Identify Overlapping Patterns

Take some time to think about where your childhood beliefs and current beliefs about time and money intersect. Then, consider what is serving you well and what you'd like to change moving forward.

- **Questions for Reflection**
  - If you were to describe your current mindsets around time and money, what would you say? How do you feel about your response?
  - What beliefs from childhood about time and money have served you well?
  - What beliefs from childhood about time and money do you want to release?
  - Who or what is influencing your views the most on these topics? Do you like that answer?
  - What are some changes to your mindsets around time and money that you'd like to make?



### Your Next Step:

Once you've answered these questions, have an honest conversation with someone you trust. While it may feel awkward or uncomfortable at first, it becomes easier the more you do it.