

## What Are Your Money Values?

Each family member should answer these questions separately. Then compare answers and talk about the similarities and differences.

1. Rank the following activities, using 1 to indicate what you enjoy most and a 6 to indicate what you enjoy least.

_____ An evening at home	_____ A night out on the town
_____ Spending time with friends	_____ Quiet time to myself
_____ A few extra hours at work	_____ Involvement with physical activity

2. If you received \$5,000 tax-free, what would you do with it?

\$ \_\_\_\_\_ for \_\_\_\_\_  
 \$ \_\_\_\_\_ for \_\_\_\_\_  
 \$ \_\_\_\_\_ for \_\_\_\_\_

3. When I think about money, I usually feel: (circle all that apply)

Happy	Guilty	Depressed	Helpless
Competent	Sad	Angry	Fearful
Distrustful	Burdened	Panicky	Proud
Excited	Other Feelings? _____		

4. How do you feel about the amount of your (personal) (household) income?

\_\_\_\_\_ Not at all adequate  
 \_\_\_\_\_ Can meet necessities only  
 \_\_\_\_\_ Can afford some of the things I want  
 \_\_\_\_\_ Can afford most everything I want  
 \_\_\_\_\_ Can afford everything and still save/invest money

5. If you had to make a major reduction in your current spending, what would you cut first?

\_\_\_\_\_ second? \_\_\_\_\_

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6. I would like to save money for \_\_\_\_\_.

7. What money concern is the most frequent cause of argument?

\_\_\_\_\_

8. What was the most sensible thing you've done with money since marriage

\_\_\_\_\_

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9. I had to come up with extra income, I would first:

10. Without first looking through checkbook and receipts, complete the following statements about your family finances:

Our family take-home income is \$ \_\_\_\_\_ per week/month.

Our rent or mortgage payment is \$ \_\_\_\_\_.

Each month we spend \$ \_\_\_\_\_ for food.

Our average balance on credit card (s) is \$ \_\_\_\_\_.

Our debt without the mortgage is \$ \_\_\_\_\_.

11. The most important skill for my children to learn about managing money is:

12. Do you agree (A) or disagree (D) with the following statements?

A D I'm basically too tight with money?

A D My spouse is too tight with money?

A D Equality in family decision-making about money is important?

A D I feel good about how financial decisions are made in our family.

A D Sometimes I buy things I don't need just because there is a sale.

A D Being able to "buy on credit" is important for our lifestyle.

A D It is important to know what I spend money on in order to control it.



13. How much control do you feel over your financial situation?

- Very much out of control       Somewhat out of control  
 Somewhat in control       Very much in control  
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Source: Communicating About Money, Cooperative Extension Service, Maryland and BUC\$, Cornell Cooperative Extension