



## “Living the Promise” Catholic Enrichment Series *Finance Reflection Exercise*

In the video you just watched, Nancy and Wilson Chua shared the topic of Finance. You were able to see how they learned about finances in their *Family of Origin* and some of the challenges, attitudes and barriers they had to overcome. They also shared “Eight Points on How to Become a Financially United Couple” that have helped to guide them as they work together on the important area of finances. The exercises below will help you look at your *Family of Origin* and see what attitudes and behaviors you and your spouse learned concerning finances. It will also help you reflect on how to become more financially united in your own marriage and family life. Please complete and reflect on the following questions:

The person responsible for the finances in your *Family of Origin* was: \_\_\_\_\_

There was adequate money in your *Family of Origin*. \_\_\_\_ Yes \_\_\_\_ No

What did money mean to your family of Origin: (Please mark with an X”)

\_\_\_\_ Excitement \_\_\_\_ Worry \_\_\_\_ Fun \_\_\_\_ Adventure \_\_\_\_ Power

\_\_\_\_ Security \_\_\_\_ Self-image \_\_\_\_ Comfort \_\_\_\_\_ Other

Winston shared how money makes him feel and what it means to him today. What does money mean to you today?

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### Eight Points To Becoming A Financially United Couple

*Transparency / Financial Tension / Not About Who is Right or Wrong / Teamwork / Participation  
Seek Outside Help / Make, Work and Revisit the Plan / Be Aware of Money as a Barrier*

In the video they shared that you need to be financially transparent with each other. Have you shared all your financial passwords with your spouse? \_\_\_\_ Yes \_\_\_\_ No If not, are you willing to share them now? \_\_\_\_ Yes \_\_\_\_ No Why: \_\_\_\_\_

I believe we should keep our money separate: \_\_\_\_ Yes \_\_\_\_ No

Why: \_\_\_\_\_  
\_\_\_\_\_

Our financial situation makes me feel:  Secure  Worried  Excited  Concerned

I think we work as a team in the area of finances:  Yes  No

If no, why?: \_\_\_\_\_

\_\_\_\_\_

I think we need outside help with our finances:  Yes  No

If yes, why?: \_\_\_\_\_

\_\_\_\_\_

Money can sometimes be a barrier in our relationship:  Yes  No

If yes, why?: \_\_\_\_\_

\_\_\_\_\_

One area of our finances I would like to work together on is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Nancy spoke about the importance of financially donating to the church. Do you agree upon how much you will give to the church weekly?  Yes  No

If no, why?: \_\_\_\_\_

\_\_\_\_\_

After you and your spouse have taken time to fill out the exercises and reflect on your answers, share them with each other.