Understanding Your (Financial)

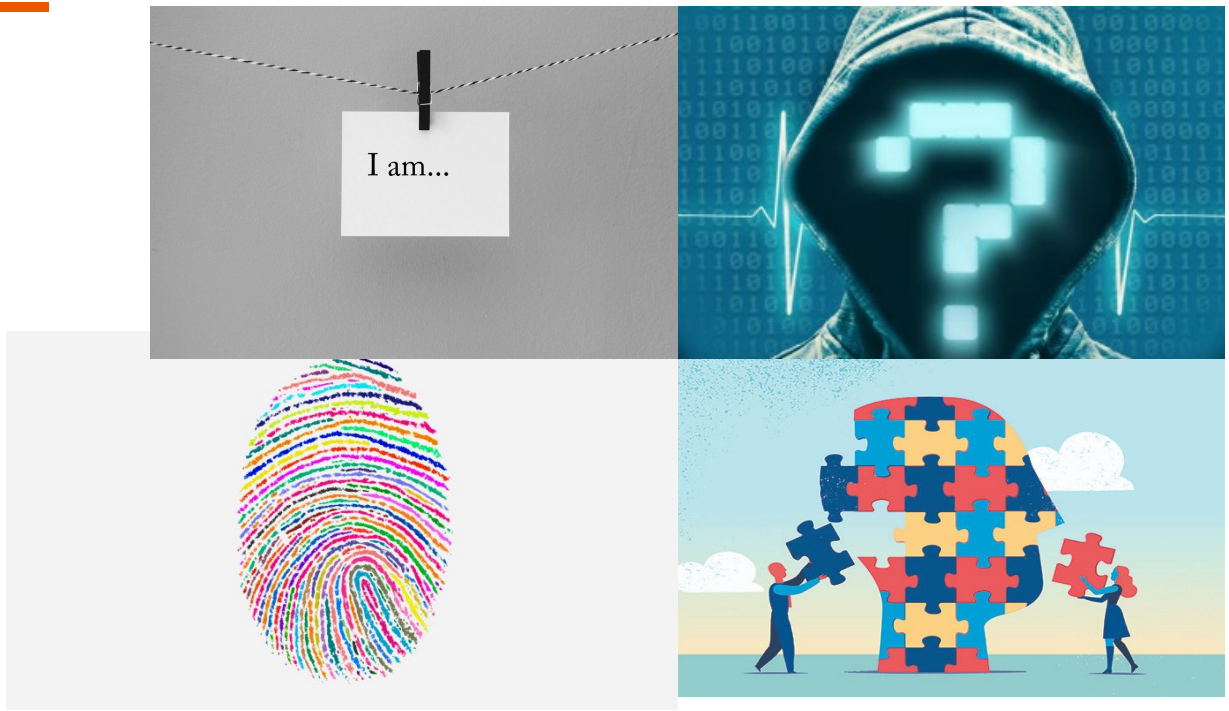
IDENTITY

What is HEALING?

HEALTHY

LESS HEALTHY

WHAT IS THE BASIS OF YOUR IDENTITY???



Discerning Your Financial Archetypes

8 Financial Archetypes (from *It's Not About the Money* by Brent Kessel)

- The Guardian is always alert and careful.
- The Pleasure Seeker prioritizes pleasure and enjoyment in the here and now.
- The Idealist places the greatest value on creativity, compassion, social justice, or spiritual growth.
- The Saver seeks security and abundance by accumulating more financial assets.
- The Star spends, invests, or gives to be recognized, feel hip or classy, or to increase self-esteem.
- The Innocent ignores financial matters; believes or hopes that life will work out for the best.
- The Caretaker gives and lends money to express compassion and generosity.

Summary of Brent Kessel's 'Eight Money Archetypes'

	Gifts	Pitfalls	Reactive states	Wrong Views	Creative Wisdom	Balancing archetypes
Guardian	Alert, prudent	Worry, anxiety	Fear and anxiety	It could all go wrong	Today I am going to pursue a calming activity that I love	Pleasure-seeker, Empire Builder, Innocent
Pleasure-seeker	Enjoyment, pleasure	Reckless, impulsive	Greedy, impatient	What I want and will enjoy is more important than what I might need	Living within my means and taking care of my future will create real pleasure for me and those I love	Guardian, Saver
Idealist	Vision, compassion	Distrust, aversion	Wary, angry	A lot of suffering and sacrifice is necessary to be creative or spiritual	Compassion comes more easily when I am not in a state of financial need or dependence	Saver, Innocent, Star
Saver	Self-sufficiency, abundance	Hoarding, penny-pinching	Obsessive, Futuristic	If I save enough I'll be happy, safe and secure	My enjoyment and fulfillment is my highest priority today	Pleasure-seeker, Idealist, Caretaker
Star	Leadership, style	Pretentiousness, self-importance	Worthless, phony	Using money to feel classy, elegant, cool and hip will make me happy	It's important that I use my money to nourish all parts of me, incl. my wish to help others	Guardian, Caretaker, Idealist
Innocent	Hope, adaptability	Avoidance, helplessness	Overwhelmed, Helpless	If I don't look at my financial situation, I won't feel the pain, and somehow my situation will get better.	I can find a vocation that I enjoy and am passionate about that will bring me enough income.	Empire Builder, Guardian, Saver
Caretaker	Empathy, generosity	Self-abandoning	Overburdened, Angry	They couldn't make it without me	I cannot effectively help others unless I'm taking good care of myself	Innocent, Pleasure Seeker, Saver
Empire Builder	Innovation, decisiveness	Greed, domination	Insatiable, Insecure	Once I have ..... , I'll be happy	I have enough today to enjoy my life fully	Pleasure Seeker, Idealist

Save $1000 faster than you think!

1. Create a budget
2. Avoid dining out
3. Stash all $1s, $5s, and change
4. Collect (bottles, old loans)
5. Sell your stuff
6. Cash out whole life policies and switch to term
7. Overtime; Part-time job
8. Shop for better deals on life, auto, home, health insurances, etc.
9. Use tax refund
10. Use cash only