

Money Proverbs and Messages

Evaluating Money Attitudes & Behaviors



We have heard or said some of the statements below which has shaped some of our thoughts and behaviors around money. It is important to understand the money messages you receive, send and live by and how they may positively or negatively impact your financial well-being. This exercise provides an opportunity to explore your money beliefs, to challenge your perceptions and start on a path to attaining a better attitude towards money.

STEP 1: Start by reviewing the statements below, circle the statements you have heard or said, and write down what the statements mean to you.

STEP 2: Out of the ones you circled, put a “+” next to the statements that have been positive in your life (i.e. healthy & good habits) and put a “-“ next to the statements that have been negative (i.e. stressor & bad habits) in your life.

Money doesn't grow on trees / Must work hard for your money	Money makes the world go 'round
Money to burn	A penny saved is a penny earned
You get what you pay for	(Love of) Money is the root of all evil / Money ruins people
Another day, another dollar	We're not made of money
Pay an arm or a leg	We must pinch pennies to make ends meet
Money talks	It takes money to make money
A fool and his money are soon parted	Money isn't everything
Money can't buy happiness	Cash is King
Time is money	You can't take it with you
A good name is better than riches	Put your money where your mouth is
Money is a good servant/slave, but a bad master.	Lend your money and lose a friend
Money is the means, not the end / Money is a tool	There is no such thing as a free lunch

The best things in life are free	Save for a rainy day
It's important to give back	Don't flaunt your wealth
Never talk about money	Live within your means
You won't ever have to worry about money	We sacrifice(d) so you can have a better life
Born with a silver spoon	Living hand to mouth / Living paycheck to paycheck
Watch out for gold-diggers	Be grateful for what you have
Kids are starving in 3rd world countries	Debt is bad
Stop wasting money / Flushing money down the drain	There is such a thing as enough
Never enough (money)	Other:
Other:	Other:

STEP 3: Discuss or evaluate how these statements about money are currently active in your financial life.

STEP 4: Using the table below, list the money messages that you WANT to adopt. Discuss or write down why they are important to you: *How might adopting these money messages change your money attitude or behavior in a positive way?*

STEP 5: Discuss or evaluate how you will demonstrate these new money messages in your financial life.

Money Lesson	Positive Impact

RESOURCES

- <https://www.listplanit.com/list-of-common-sayings-about-money>
- <https://www.myenglishteacher.eu/blog/english-proverbs-about-money>
- <https://knowyourphrase.com/sayings-about-money>
- <https://tiphero.com/9-popular-money-proverbs-what-can-we-learn-from-them>
- <https://www.higherawareness.com/manifesting-abundance/money-proverbs.html>

