

Money Coach Week 1: Orientation

What Do You Value

During the program, you will work with your One-on-one Coach to develop a monthly budget for yourself. A good place to start is to spend time thinking about what is important to you. Read the article below to learn about four types of “life values” and how they can impact your habits around money. Then, answer the questions.

Article: [What Do You Value](#)

1. For each of the life values in the table below, identify which of the effects on money habits you relate to.

Life Value	Effect on Money Habits
Inner	
Social	
Physical	
Financial	

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2. Which life value do you believe has the biggest influence on how you view money?
Explain.

3. From the answer you selected above, where do you believe you drew these influences from?