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# Childhood Connection Assessment

Were you given an allowance as a child? Did your mom stay home with you, or did she have to work? Are you ashamed you had more or less than your friends did as a child?

As children, we are little sponges that take in everything, good and bad. Have you ever wondered why you have a terrible time staying within your budget? Think back, did you get an allowance as a child? Or, did your parents buy you everything you ever wanted.

Connection? Did your parents constantly stress out about money? Were they trying to figure out each month where the money was going to come from to pay the bills? Do you find you are recreating that life for yourself now? Coincidence?

Everything that happens to you as a child can potentially affect you as an adult. This can be consciously or subconsciously, good or bad, mirror image or polar opposite. Answer the questions in the attached worksheet and see if you can connect some of the dots from your childhood to you as an adult.

Once you have answered those questions, you will want to review your answers and see if you can start to connect the dots from your childhood to spending habits as an adult. We want to reprogram your thinking. We will do this with affirmations.

Affirmation: A declaration that something is true; an oath; a form of self-forced meditation or repetition; autosuggestion. Some examples are:

- I am not a bad person because I have debt.
- I make positive choices with the money I have.
- I choose to make the time to take charge of my money.
- My loved ones enjoy, respect, and appreciate my financial knowledge, power, and success.

Write down your affirmations. Put them up around the house. Read them before you go to bed and when you wake up. Say them out loud.

It is amazing what a positive outlook and belief can do. Turn those negative comments in your head into positive ones. Every time you start to think something negative, turn it around and make it one of your positive affirmations. You will be amazed at what the mind can do!

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