

Section 3: Short-Circuit the Program

Exercise 5

This exercise asks you questions about your first memory and what it means today.

First Memories of Money

Think back to your first memory—one that has stuck with you all these years. Try to recall as many details as possible.

Answer these questions using your child mind:

1. What did you think was happening?

2. What did it tell you about money?

3. What were you feeling?

Now step forward and answer these questions using your adult mind:
Sometimes these answers are obvious and sometimes they evolve over time.
1. What was really happening?
2. What did it tell you about money?
3. What are you feeling about it now?
Can you see how your memories still influence you today? It doesn't matter if you do the same thing or do the opposite—either way, it's affecting your choices.