

Financial Archetype Quiz:

1. When I get unexpected money, I usually:
 - a. Save or invest it right away
 - b. Use it to treat myself or someone I love
 - c. Feel unsure or guilty about how to use it
 - d. Use it to pay bills or give to someone else
2. My biggest financial struggle is:
 - a. Feeling like I can never save enough
 - b. Overspending on things I don't need
 - c. Avoiding my finances altogether
 - d. Taking care of others before myself
3. I feel most confident about money when:
 - a. I have structure and a plan
 - b. I can enjoy it without worrying
 - c. I don't have to think about it too much
 - d. I'm helping someone or meeting a need
4. When I look at my financial plan:
 - a. I feel anxious if I'm not making fast progress
 - b. I struggle to stay motivated or consistent
 - c. I feel overwhelmed and don't know where to start
 - d. I tend to focus more on other people's needs
5. In general, my financial decisions are based on:
 - a. Logic and long-term results
 - b. Emotion or impulse
 - c. Avoidance or indecision
 - d. Compassion or obligation

Tally Your Answers:

- Mostly A's: The Saver/the Strategist
Organized, focused on security, but may struggle with scarcity or over-control
- Mostly B's: The Spender/the Enjoyer
Values experiences and joy, but may need help with structure and boundaries
- Mostly C's: The Avoider/the Overwhelmed
Intimidated by finances, benefits from supportive structure and small steps
- Mostly D's: The Giver/the Nurturer
Generous and caring, but often neglects personal financial needs.

Questions To Ask Yourself By Archetype:

- The Saver/the Strategist:

What are you protecting yourself from by saving so much?

Is there room for joy or flexibility in your budget?

What would it look like to trust that more money will come?

- The Spender/the Enjoyer:

What are you hoping to feel when you make a purchase?

How can you honor your desire for enjoyment and your goals?

What would it mean to pause before buying and check in with yourself?

- The Avoider/the overwhelmed:

What is one small action you can take this week that feels doable?

What emotions come up when you think about money?

What would financial peace feel like for you?

- The Giver/the Nurturer:

How do you decide when to give and when to save for yourself?

What would it look like to prioritize your needs without guilt?

Where in your life are you giving from an empty cup?