

## Exercise 6. What would it mean to hold your own purse strings?

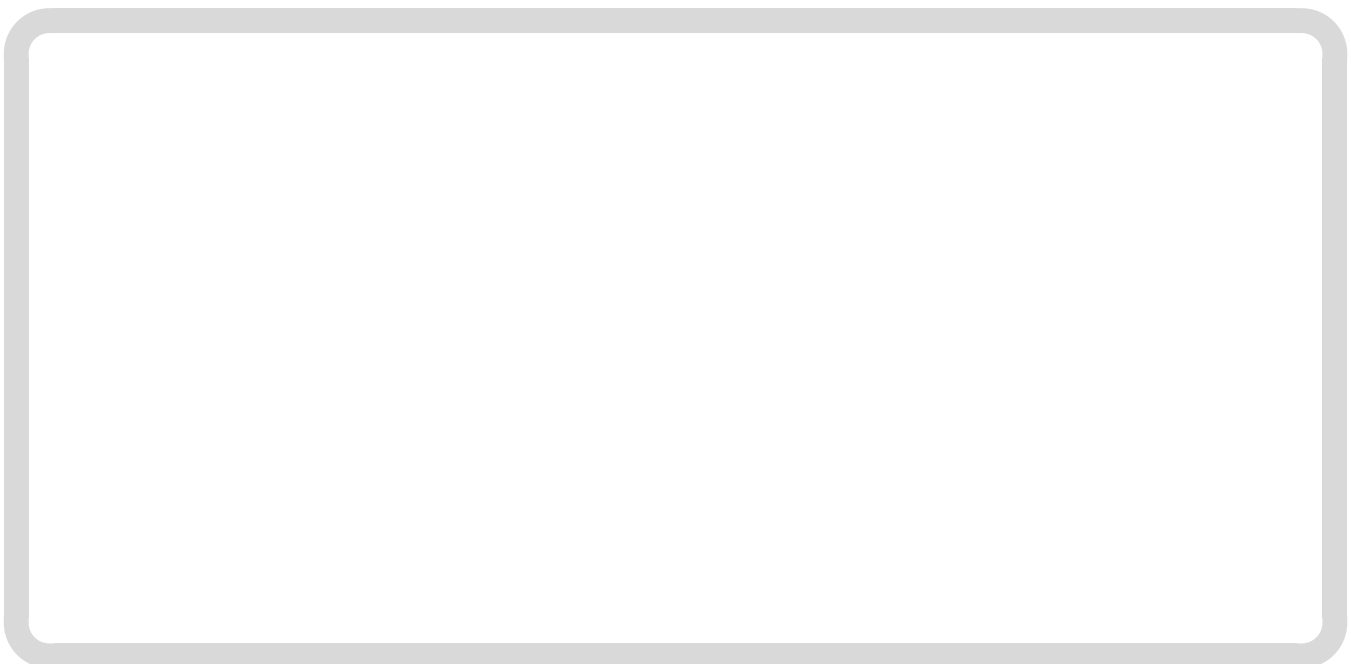
*What would it mean for you to hold your own purse strings? For now, just define it. As I said earlier in the chapter, it isn't time to take action yet! Remember, if you take action before you're ready, you'll likely perpetuate the same patterns you've been running up against until now. In many ways, these possibilities counteract the answers you gave in Exercise #2 in Step One, when you wrote down what you hide from. For example, if you hide from your finances by putting off paying bills, one way to hold your own purse strings might be paying your bills right away.*

As you read each of the following actions someone *might* take as they regain control of their finances, notice what your comfort level is with each one. Which ones might help you feel like you were holding your own purse strings? Which ones feel scary, impossible, or out of reach? Again, don't take any action now - just notice what you feel.

1. Get a "Me Account" (a bank account outside of joint finances with your spouse or other party).
2. Make some of your own money.
3. Open a savings account and make a commitment to put a certain amount in it weekly or monthly.
4. Choose a financial goal and start saving toward it.
5. Create an agreement with your spouse regarding having your own money.
6. Develop marketable skills toward a job.
7. Look for a job.
8. Consult a financial advisor.
9. Open an IRA.
10. Pay bills as soon as they come in.
11. Balance your checkbook regularly.

12. Keep track of what you spend every day.
13. Make a commitment not to use credit cards.
14. Pay off your credit card balance every month.
15. Pay down your debt a certain amount every week or month.
16. Contribute a certain amount to your retirement fund every year.
17. Make a commitment not to use overdraft protection, except in an emergency. (In this case, make a list of what you consider an emergency, and make a commitment to stick to that list and only that list).
18. Give up excuses for spending on things that aren't important.
19. Buy something for yourself every month as a pure celebration of *you*.
20. Make a commitment to no longer shop as a way to avoid your feelings.
21. Identify what old beliefs are running your financial decisions. (We will work more on this in the next three chapters.)

Add your own statements of financial control:



**Affirm your worth.**

**"I'm worthy of holding my own purse strings and taking control of my finances."**

