

Your Money Mindset

In the spotlight: How we create our "money story"

- Everyone has a story behind how we manage and approach money. Our 'money stories' are the result of our past & current experiences, how we are socialised, and the messages we receive from society about money and finances.
- Girls & boys are given different messages growing up. Historically, girls have been socialised to believe they are '[frivolous or 'no good'](#)' with money while boys are rational and the family provider.
- Parents are more likely to teach their daughters about managing everyday finances while sons are more likely to be taught about risk & investment. ([Commonwealth Bank report 2017](#)).
- Systemic barriers are the main reason for women being less financially secure than men, These barriers includes the social norms and gender stereotypes that shape our experiences with, and access to, money.



It is really important to identify the role your psychology has played in your financial decision making. Where has it benefited you? Where has it held you back?

The key lesson here is that if you want to get better with money it's going to take conscious effort to get there.

Natasha Janssens
Wonder Woman's Guide to Money

Your Money Mindset

Developing a positive money mindset

Examine your money story and beliefs.

This means thinking about how your family viewed money, and your beliefs and feelings about money. Our beliefs, both conscious and subconscious, create personal habits that can help or hinder us on journey to financial well-being.

Check out this [resource](#) from WIRE for some great tips on how to start. There are also lots of books you can borrow from the library on this topic.

Share with and learn from other women talking about money

[Money, Power, Freedom](#) - podcasts from the Victorian Women's Trust.

Facebook groups - [Women with cents](#), an educational online community to help you start changing your financial habits.

[The Financial Feminist](#) an educational page helping women to build knowledge and confidence.

[Ladies Talk Money](#) - a series of video chats on aspects of women's relationship to money presented by young women.

Make time to fill in any knowledge gaps about your financial situation.

[MoneySmart](#) - easy to use government website with information, tools and calculators.

[Financy](#) - free articles on women's finances and a quarterly women's financial index to measure how women are tracking.

[MoneyMinded](#) - free, basic financial education course offered online by the ANZ bank. You don't need to be a customer to access this.

