



**Intimate**  
**Money**

*A five-day financial wellness  
workbook*

[yourworthcoach.com/financial-coaching-for-couples/](https://yourworthcoach.com/financial-coaching-for-couples/)

Money, along with parenting and sex, are traditionally difficult to talk about, even with our partners.

And no wonder! Money is THE resource in our modern lives, and our brains get fairly particular when it comes to the one, correct way to handle a resource.

So let's talk about ways to build intimacy around money TOGETHER, without anyone being called out, shame, or even restriction!

-Hanna Morrell

# Day 1:

## What do you long for?

Take the day to ponder both together and seperately on what you long for in your shared financial life.

What kind of system/budget/planning do you long for? What kind of communication around money do you long for?



# Day 2:

## What surprised you?

Yesterday I asked you to come up with some things that you longed for in regards to money.

Which of your responses surprised you?  
Which of your partners responses surprised you?



# Day 3:

## Practice curiosity

Very often the way we practice curiosity (the who, what, when, where, how questions) can be perceived as an interrogation, even if our intent is pure curiosity.

For that reason, I recommend using the prompt “tell me more about that.”

This prompt does a great job of building connection as well as getting more information from your partner.

For just one of your partner’s responses from day 1 that surprised you, ask them “Tell me more about that” and record what they say on the next pages.





# Day 4:

## Organize

In general, there are two different domains of financial wellness goals couples have.

There is the system side of things: the spreadsheet you use, how you track your spending, etc. These are the mechanical considerations of a healthy financial life together.

And there is the relationship side of things: (not just your relationship to each other, but your relationships with money). These are things like how you communicate around money, how you prioritize, and how you plan.

In the pages that follow, list out some system/mechanical goals and some relationship goals.





# Day 5:

## Next most elegant steps

No couple ever (and I mean ever) has resolved a relationship concern (“We just need to TALK about money!”) with a system tool (BUDGET).

It’s not that budgeting is a bad tool, it’s just not the right tool for addressing relationship concerns.

System tools for system concerns.

Relationship tools for relationship concerns.

On the following pages, list out the next, most elegant steps you could take towards the goals you listed out yesterday. The smaller these steps are, the better this works!



