

[YOUR FINANCIAL ARCHETYPE]

# The Caretaker



## POSITIVE INTENTIONS

Generosity  
Interconnectedness  
Compassion

## PAINFUL EMOTIONAL STATES

Helplessness  
Guilt  
Martyrdom  
Anger  
Superiority

## ARCHETYPES THAT BALANCE THE CARETAKER

### The Innocent

Simplicity, Trust, Networks  
and Community

### The Pleasure Seeker

Enjoyment and Relaxation

### The Saver

Self-sufficiency and  
a Secure Future

**As a Caretaker**, you give and invest money to express compassion and generosity, emotions which were very likely stirred in you by seeing or reading about suffering. This can sometimes lead to enabling behaviors sometimes, but your desire to alleviate suffering and help others succeed is admirable. You're more likely than most other archetypes to make charitable contributions or to help family and friends. The question is, do you care for yourself as well as you do for others?

Today, turn your compassion and generosity towards yourself, perhaps by making sure your own needs for security, enjoyment, or acknowledgment are being cultivated.

**You're probably a Caretaker if one or more of the following is true:**

- ▶ You seem to feel empathy and compassion quite viscerally, perhaps more so than most people around you.
- ▶ You have a hard time saying "No" to some person or people.
- ▶ You envision a future where there's less suffering and more happiness.
- ▶ You have difficulty resisting your generous impulses.

**Learn how you can maximize the effectiveness of your generosity.**

[Schedule a Call](#)

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## LIBERATING WISDOM AND CURATIVE MONEY MESSAGES

Practice saying these statements to yourself in a kind tone of voice:

- ▶ I cannot effectively help others unless I'm taking good care of myself.
- ▶ If I ask for or accept help, I'm giving others an opportunity to feel generous or compassionate.
- ▶ If I need to wean any of my dependents off my financial support, doing so gradually and openly will lead to maximum self-sufficiency for them. Those who depend on me will thrive in an environment of clear communication and transitional milestones.

### Commonly Distorted Money Messages

*My needs are less important than others'.*

*If I help enough, I'll always be needed and loved.*

*I'm not entitled to enjoy my money.*

## PRACTICE FOR THE CARETAKER: NOT DOING

Caretakers are so accustomed to being with others that they often don't allow themselves time alone—time when they are not needed by anyone else.

Create a daily habit of carving out time for yourself to enjoy the pleasure of your own company, even if only for five minutes at first. You may decide to take a solitary walk, or go for a drive and listen to music. If you're at someone else's party or house, try not to be one of the more helpful people there—doing the dishes, refreshing drinks, tidying up, or whatever

form your care usually takes. Allow yourself to be in relationship without being needed.

Regardless of the activity, allow and notice your feelings. You may experience the fear of loneliness or helplessness, or you may experience simple joy. When fears or anxieties do arise, focus on your breathing and try to notice what's on the other side of the fear. Or if you are feeling good, bask in that and carry it into your next caretaker activity.