

The Conversations We Don't Have About Money

A note from the room • MMF Retreat, April 2026

WHAT THE ROOM DISCOVERED TOGETHER

Your past is in the room with you.

Almost everyone traced their relationship with money back to a parent: what was argued about, what was never spoken, what was witnessed before there were words for it. That history doesn't have to be the whole story. But it helps to see it clearly.

Freedom is what most of you are reaching for.

Across every build and every card, the word that kept appearing was freedom: financial freedom, freedom of time, freedom to choose. Not wealth for its own sake. Agency. The ability to live and work on your own terms.

Money has been the elephant in the room.

One person built one. And named it exactly that. These conversations haven't been happening. The session proved they should. And that the room was ready when they did.

You are not alone in finding this complicated.

The range in the room was wide: from heartbreak to hope, from confusion to clarity, from inherited pain to hard-won pride. But almost everyone left with something shifted, even slightly.

THE CENTRAL TENSION

The past shaped how you think about money. It doesn't have to be the whole story. Noticing where your beliefs came from is the first step toward choosing what comes next.

WHAT SHIFTED — IN PARTICIPANTS' OWN WORDS

"Where you come from doesn't define where you're going."

"Not just seeing the cost of everything, but seeing the value of it."

"Money as a source for good, not anxiety."

"Money for me is freedom and new opportunity."

"Building a solid foundation is key."

QUESTIONS WORTH SITTING WITH

1 You now have a clearer picture of where your relationship with money came from. What part of that story do you want to keep, and what part are you ready to leave behind?

2 Where in your life right now is your professional relationship with money and your personal relationship with money pulling in different directions, and what is that costing you?

3 If you could picture what a healthier relationship with money would make possible. What is one thing that is currently standing between you and that, and is it as fixed as it feels?

STILL GOT QUESTIONS?

If the session is still sitting with you and you'd like to have a quick chat about it then feel free to email me or book a short call below.

Jennie Cashman

jennie@jenniecashman.com

Or book [HERE](#)