

# Build Financial Control

Foster a sense of  
control over your  
financial life.



Identity



20 mins

## Money Mindset Steps:

1. Draw a vertical line down the middle of a piece of paper (or whiteboard in the front of the room).
  2. Brainstorm on one half all the ways you feel like your money is out of your control. For example, it could be lack of opportunities to make more money, high expenses, or something else.
  3. Brainstorm on the other half all the ways you feel like your money is in your control. For example, you have a plan each month, you save some money regularly, or something else.
  4. Talk about ways you can take control of your money. Ask the group: what small step can you make today? What can you do in 2 months or 6 months from now? Write the ideas and solutions in a place where everyone can see them. (Sticky notes are always fun!)
  5. Use the coaching questions to facilitate more discussion.
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## Coaching Questions:

- What's in the way? What will help move you forward?
  - What will help you gain a little bit more control? What's your first step?
  - What would happen if you didn't do anything?
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## Helpful Hints:

- Acknowledge that there are often things outside of us we can't control.
- There is power of the group to provide support, strength, inspiration, and ideas to each other.