

# Find Your Why in The Sky

Your why is what drives you — your values & purpose that inform your decisions and the path you take.



Inspiration

# Money Mindset Steps:



1. Draw an outline of a tree with a trunk, branches, and a big sun in the sky.
2. Write down...
  - For the roots, think about what grounds you (such as— *family, church, nature, friends*).
  - For the trunk, think about what roles you play in the world (such as— *son, mother, employee, artist, student*).
  - For your branches, think about your strengths (such as— *sense of humor, a great cook, being there for my kids*).
  - For the sun, think about what inspires you, what you are striving for, your bigger purpose, and why you do what you do every day.
3. Ask volunteers to share their sun (or their why) and thank them for sharing. (Use the coaching questions below to inspire more discussion with the group.)

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## Coaching Questions:

- In what ways do your money habits support or not support your why?
- What surprised you about this? What was hard about this for you?
- What's some activities that you could do to support your why?
- What's one financial goal or habit that would best support your why?

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## Helpful Hints:

- There are no wrong answers. This is a reflection of each person's unique self and what they bring to the world. Thank each person after they share.
- Be prepared to share your own why.

# Money Feels

Notice your feelings  
about money and  
discover how similar  
or different they are  
to those in the room.



Identity



25 mins

## Money Mindset Steps:

1. Stand in a single-file line in the center of the room.
2. Each person will take two steps to their left if they agree, or two steps to the right if they disagree with the following statements:
  - *I feel good when I spend money*
  - *I feel guilty when I spend money*
  - *I wish I saved more money*
  - *I think it's important to do a price comparison before buying something*
  - *I rarely look at price tags before I buy something*
  - *I would feel uncomfortable borrowing or lending money*
  - *I don't think it's a big deal to ask to borrow or lend money*
3. Remind the group that often people think about, talk about, and use money differently from each other. There's no right or wrong answer to these statements — it's about your own money mindset, noticing where you are, and if there's anything you'd like to change or do more of in the future.
4. Use the coaching questions below to inspire more discussion.

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## Coaching Questions:

- What does this tell you about the way different people think about money?
- Is where you ended up where you expected you would end up?

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## Helpful Hints:

- Feelings about money can be complicated, confusing, and change over time. How you feel today might be different in a week, a few years, or in the future.

# Build Financial Control

Foster a sense of  
control over your  
financial life.



Identity

## Money Mindset Steps:



20 mins

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.