

Minding Your Money Worksheet

Module 1: The Financial Stages of Life

What are the financial phases referenced in the module?

- 1.
- 2.
- 3.
- 4.
- 5.

What financial phase are you in now?

How will your financial phase change over your lifetime?

Module 2: Understanding Your Financial Values

What are the values in this module?

- 1.
- 2.
- 3.
- 4.
- 5.

Which values do you most align with? Why?

Module 3: Money and Mental Health

What are the stress management techniques from this module?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

How could you use these techniques in your own life?

Module 4: Money and Relationships

Who is in your circles now? How might this change over time?

How can your circle impact your finances?

