Minding Your Money Worksheet

Module 1: The Financial Stages of Life What are the financial phases referenced in the module? 1. 2. 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? 3. 4. 5. 1. Which values do you most align with? Why? Module 3: Money and Mental Health

What are the stress management techniques from this module?

2. 1.

4. 5. 6.

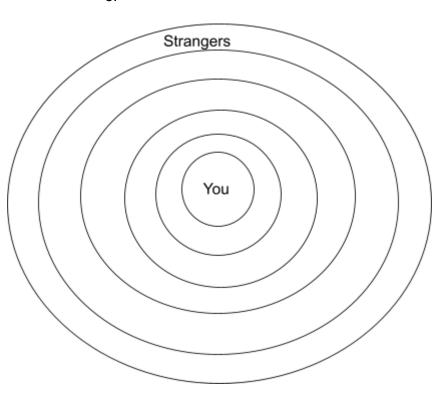
7. 8.

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?



3.