

Money and emotions

Money Talks Worksheet # 1

How do you feel about money?

Before we talk about managing your money, let's think about money.

Why is money important in your life? What are some things you spend money on?

Money helps us live our life, but it can be stressful. When you think about money, a lot of thoughts may come to mind. Rate how thinking about money makes you feel?

Angry

Sad

Stressed

Neutral

Happy

Elated

It is normal to feel a lot of emotions around money.

That is why creating a plan for your spending is good because it allows you to reduce the stress associated with money.

A spending plan is a way to understand your money, and plan how you will use it.

Before we discuss finances and create a spending plan, let's think a little more about money.

What would you do with a bit more money?

What would you do with a lot more money?

Before we begin, let's check in with ourselves...

Does thinking about money make me excited or anxious?

Yes No

Are my finances a priority?

Yes No

Should they be?

Yes No

Am I ready to invest my time and energy in learning more about finances?

Yes No

Would it be better to learn about my finances another day?

Yes No

If you answered....

Mostly yes!

Great, you are ready to learn more about personal finance and money management. Remember to keep checking in with yourself as you continue through these workbooks.

Mostly no!

If you answered mostly no to these questions, remember it's okay if you do not feel ready. Put this guide aside and try another day. You can also reach out to a trusted parent or peer to help you start your learning.