

01 The importance — of saving



This worksheet will help you to think through your reasons to save. Write them down. You can even draw pictures of your hopes and dreams! This can be a helpful first step in making plans.

The great blue heron is found across Canada. It adapts to its environment by eating a variety of food and migrating to different locations depending on the climate. Like the herons' journey, everyone's savings journey may look different. The most important thing is to take the steps that are best for you.

These worksheets were inspired by Indigenous financial wellness expert and artist Simon Brascoupé, co-creator of our *Managing Your Money* booklet.

[Learn more about the inception of these resources and our commitment to reconciliation.](#)

My reasons to save

There are many reasons to save, and each person has their own reasons. What are yours?

Here are some examples of why people save:



A new hobby



An emergency or
'rainy day' fund



Medical expenses



Education



Retirement



A big-ticket item like
owning a car or home

What are some things you would like to save for in the next month?

What are some things you would like to save for in the next year?

Hopes and dreams

Think further into the future. What hopes and dreams do you have? Think about what you wish for your life, work, education, and family.

Draw a picture, use symbols, or write down your ideas.

What job do I want?

Where do I want to be in two years?

Who are the people I want to be around?

What home will I be living in?

How could saving help you to reach your hopes and dreams?

Think about at least one thing you can do right away to start saving and get closer to your dream. Could you make more money and save it? Could you spend less to build more savings?

