

## Braiding the first strand: Preparing the mind

### Adding to my bundle

Write or draw something you learned or want to remember.  
This is something to carry with you in your bundle.



“Set goals that are important to you and your community. Take small steps, be patient, and keep going even when it’s hard. Just like the seasons change, reaching your goals takes time and effort.”

**This first part of the braid has helped you think about money and set some goals.**

- In the second part, you will learn how to keep your money safe and make smart choices.
- You can pick the topics that are most important to you and add them to your bundle.
- You might also want to talk about them with friends or family.
- You will learn more about how to have these talks in the third part of the braid.



We'd love your feedback.  
Scan here to share your thoughts on Braiding Mind, Body, and Spirit.