

Braiding the second strand: Protecting yourself

Adding to my bundle

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



“Our ancestors taught us that true wealth is not just in what we have, but in how we care for each other – so always walk with wisdom and help protect those around you from harm.”

This second part of the braid – your body – helped you learn how to keep your money safe, find support, and manage risk.

- If you haven’t looked at everything yet, you can still explore more.
- The first part of the braid – your mind – helps you set goals for your money.
- The third part of the braid will help you stay true to your values and culture as you work on your money journey.
- Use the ideas and activities in all three parts in the way that feels right for you.



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