

## Activity 10: Creating my money medicine bundle

This activity will support you as you think more about your relationship with money and how it can be used in a balanced way.

Money can be a tool for healing and balance. Keeping a money medicine bundle can help to remind you of your journey and how you can stay focused on your dreams and goals.

### Find a bundle

Get a small pouch, envelope, or container. This will hold symbols of your financial healing journey.

### Reflect and collect

Choose a small item, drawing, or note to place in your bundle for each of the Seven Steps of Healing. The Seven Steps are inspired by Edgar Villanueva (Lumbee), who uses these steps to bring healing and restore balance, showing how money can be used as medicine.

1. **Grieve** – Write down a past money struggle and place it in your bundle to acknowledge and let it go.
2. **Apologize** – Write a letter to yourself or someone else to forgive past financial choices.
3. **Listen** – Find a quote or teaching from an Elder or mentor about money and add it. (You can look at *Activity 6: My money is medicine* for some teachings)

4. **Relate** – Draw or find a picture that shows a healthy relationship with money. (Refer to *Activity 7: Picture your money goals*).

5. **Represent** – Write down the name of an Indigenous business or cause you want to support.

6. **Invest** – Set a financial goal (like saving or starting a business) and place it in your bundle. (Refer to *Activity 2: My goals*)

7. **Repair** – Write down one way you can give back to your community and help others.

Is there a shared dream you could add to your bundle – one that you hold with others?



Braiding the third strand: Supporting health and well-being

## Activity 10: Creating my money medicine bundle (Cont'd)

Money can become medicine when it weaves our paths together.

Write or draw a collective goal that brings healing and support to your family or community.



Braiding the third strand: Supporting health and well-being

## Activity 10: Creating my money medicine bundle (Cont'd)

Our ancestors taught us that patience, persistence, and working together help overcome challenges and build a secure future.



### Honouring your bundle

- Hold your bundle and think about your financial journey.
- Share your thoughts with a family member or friend.
- Keep your bundle as a reminder that money can be used in a positive way.

### Healing questions

1. How did this activity change how you think about money?

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2. Which step was most important to you?

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3. How can you use money to help your community?

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