



## Braiding the first strand: Preparing the mind

### Activity 2: My goals

This activity will help you think about the goals you have for your settlement money.

#### What is a goal?

A goal is like a dream or a wish, but it's one that you make a plan to achieve. It might be something personal, financial, or related to your family or community. Goals give direction to your decisions and help you focus your energy. Whether you are saving for your children's future, paying off debt, or planning a trip, setting goals helps turn your vision into action.

#### Setting your own goals

When you receive a settlement, you have many choices on how to use it. You might decide to pay off any debt you have first, so you have less worry around money. Or you may use the money to help you reach your goals, such as continuing to learn in different ways – by going to school, training for a trade, learning from Elders, or gaining skills to support your family and community.

Your goal might even be to start your own small business, like a store or a restaurant or to share some money with your family or community to help others. Or think about teachings your grandparents or Elders may have given you about money, gifts, or wealth.

Take a moment to imagine your life two years from now. What does it look like? What brings you happiness and fulfillment? Your goals are like stepping stones that guide you toward this vision.

Think about how your financial choices can help you grow in each of these areas: Spirit, mind, emotions, and body.

Elders teach that your feelings come from your heart and help you make good choices, stay balanced, and stay connected to your spirit, your family, and your community.

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## Activity 2: My goals (Cont'd)

Draw or write your goals inside the sacred circle below. Your dreams will help shape the steps you take today to create the future you want.

