



## Braiding the third strand: Supporting health and well-being

# Activity 5: My financial wellness journal

This activity will keep track of your financial wellness journey and encourage you to reflect on how you will achieve your goals and dreams.

Our Elders remind us that caring for our whole self is as essential as saving money. Keep your money, heart, and spirit balanced by writing in a journal about your feelings and dreams.

It's okay if you don't always feel good about how you spend your money. We all have those moments. Use your journal as a safe space to share your thoughts, even the hard ones. Writing things down can help you feel better and make new choices.

### 1. My money, my heart, my spirit:

Write down how you feel about your money.

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Write about your dreams for the future.

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### 2. How I feel today:

What is one good thing about your money today?

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How do you feel in your heart and spirit?

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## Activity 5: My financial wellness journal (Cont'd)

### 3. My dreams:

What do you hope to do with your windfall? (For example, start a business, go to school, or save for a home?) You may find *Activity 3: Planning your settlement pie* in Strand 1 helpful to complete this section.

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What is one dream you have for your future?

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### 4. My plan for balance:

Write one step you can take today to balance your money, your heart, and your spirit.

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