

Activity 6: My money is medicine

This activity will help you to reflect on ways you may want to connect Elder Teachings to your financial wellness plan.

Creating a financial wellness plan is a journey that begins with understanding the wisdom of our ancestors and applying it to our money choices.

This activity encourages you to see money as a tool for balance, much like our traditional teachings show us how to care for ourselves, our families, and our communities. By drawing your Medicine Wheel, you can reflect on key areas of financial wellness – Planning and saving, Decision making, Community and sharing, and Observation and gratitude – to guide your financial path.

Before you begin, you may wish to smudge, say a prayer, or sit quietly to invite your heart and mind into the process. This can help you feel grounded and supported as you do the activity.

You might also take your reflection outside – walk the land or sit by the water. The land holds wisdom, too, and it can guide your thinking in a gentle and grounded way.

Step 1: Draw your Medicine Wheel

In the section below, draw a big circle and divide it into four equal sections.

Step 2: Label each section

Use the following titles:

- Planning and saving
- Decision making
- Community and sharing
- Observation and gratitude

Step 3: Fill in each section

Use the Teachings from our Elders on the next page and either write, draw or paste magazine clippings on how you will action them to achieve balance in your financial wellness plan.

Step 4: Use your Medicine Wheel

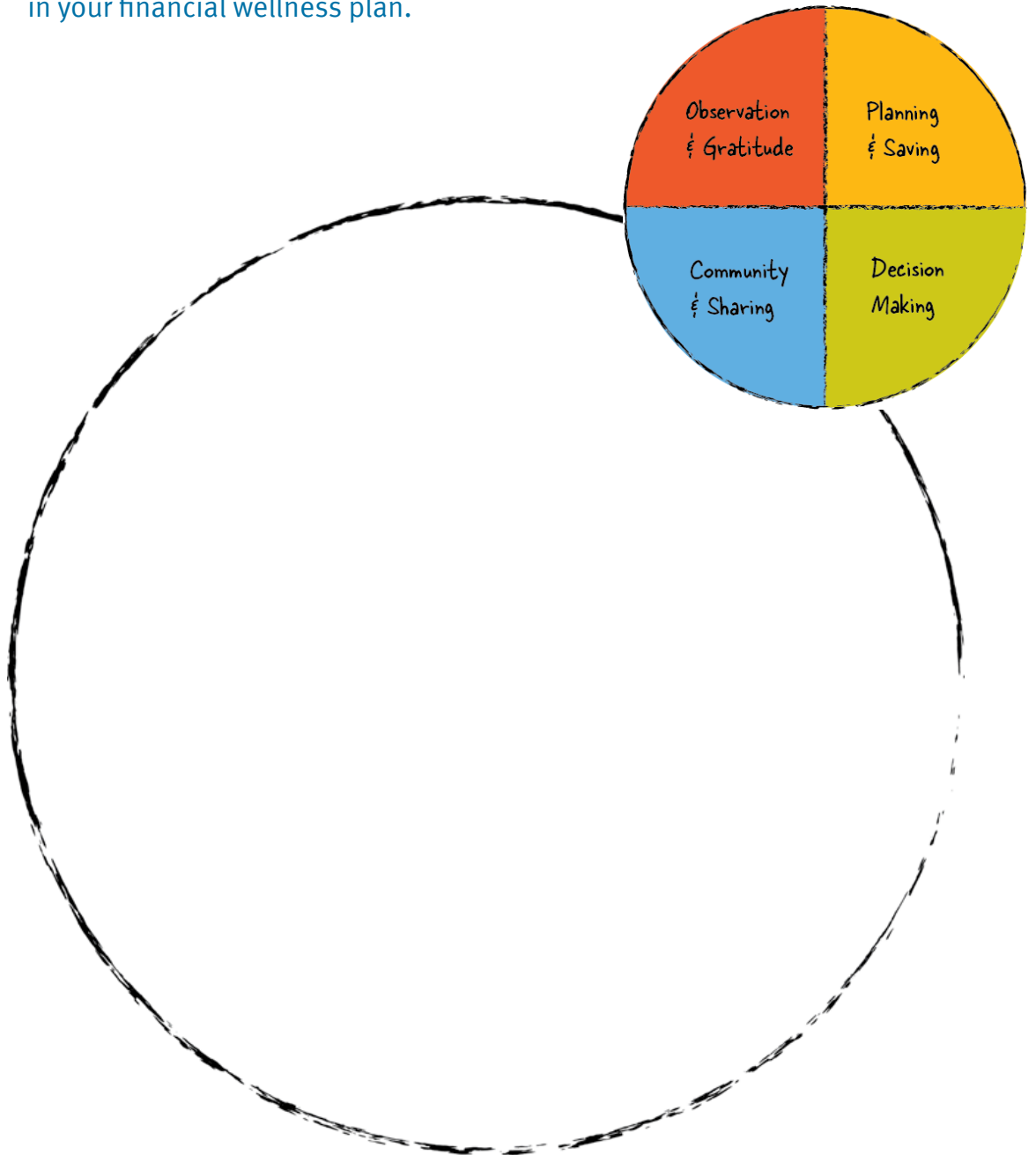
- Look at your Medicine Wheel regularly and add new ideas or check your progress.
- Share your Medicine Wheel with family or community members and talk about your money plans together.



Braiding the third strand: Supporting health and well-being

Activity 6: My money is medicine (Cont'd)

Fill in each section. Use the Teachings from our Elders and either write, draw or paste magazine clippings on how you will action them to achieve balance in your financial wellness plan.





Braiding the third strand: Supporting health and well-being

Traditional teachings and advice

Just as we learn from those before us, planning ahead helps us build a strong future. Elders teach us that thinking about tomorrow and working together can bring success. Sharing ideas and seeking guidance keeps us on a balanced path. Use the teachings below to help you fill in each section of your Medicine Wheel.

Observation and gratitude

- **Respect the gift, honour its source:** Write or display one thing you are thankful for about your money.
- **Balance is the key to longevity:** Write one way to keep a good balance between spending and saving.
- **Every decision affects the seventh generation:** Write or draw a goal that helps future generations.
- **Give thanks for what you receive:** Show in words or pictures one thing you are grateful for today.

Planning and saving

- **Plan for the next season:** Write or draw what you need to save for your future.
- **Take only what you need and leave the rest for others:** List your needs versus wants.
- **Waste nothing, use everything:** Write or draw one way to use your money creatively.

Community and sharing

- **Share what you have and strengthen the circle:** Write or draw one way to share your money with your family or community.
- **The web is stronger than a single thread:** List ways to ask for help and work with others.
- **Take only what you need, leave the rest for others:** Describe in words or pictures how you can help others with your extra money.

Decision making

- **Don't pick the first thing you see; it may be the last:** Show in words or pictures how you will compare choices before buying.
- **Observe before you act:** List steps to carefully check your choices.
- **Listen to the land, and it will provide:** Write how you can be patient and wait for the right time.

Remember:

Money is medicine when we use it in a way that brings balance, helps us feel secure, and supports our future. Creating a vision helps you make smart choices that match your values and needs.