

Activity 7: Picturing my money goals

This activity helps you to take the teachings that spoke to you in *Activity 6: My money is medicine* and use them to help visualize your financial goals.

Money can help us take care of ourselves, our families, and our future. Use pictures to create a vision of how you want to use your money to connect to Elder Teachings and your goals for your future.

Gather your materials

- A piece of paper or notebook
- Magazines, newspapers, or printed pictures
- Scissors and glue or tape
- Markers or pens

Find and arrange your pictures

- Look through magazines or printed images and find pictures that align with your hopes and dreams for the future.
- Cut out pictures representing the ways you want to use your money such as:
 - A home for your family
 - Food, clothing, or family gatherings
 - Education, skills, or a job
 - Helping your community or giving back
 - Saving or protecting your future
- Glue or tape the pictures onto your paper to make your money plan.

Talk about your vision

- Share your pictures with a trusted friend, family member, or Elder.
- Ask yourself:
 - What do these pictures tell me about what's important to me?
 - How can I start working toward these goals?
 - What steps can I take to save and protect my money?
- If you want, take a picture of your vision board to remind yourself of your goals.



Braiding the third strand: Supporting health and well-being

Planning for my future

Thinking about your future is important. Whether you want to start a business, go to school, buy a home, or retire, having a plan helps. Here are some ideas to get you thinking.

Starting a business

1. Think about what kind of business you want to start.
2. Make a simple plan with your ideas, costs, and goals.
3. Talk to people who have experience and ask for guidance.
4. Save money and find support to help you get started.

Education

1. Choose what you want to learn.
2. Look for schools, courses, or training programs that fit your needs.
3. Ask for advice from teachers, Elders, or family.
4. Keep learning and never be afraid to try new things.

Buying a home

1. Think about where you want to live and what kind of home you need.
2. Save money and plan your budget carefully.
3. Learn about home loans and programs that can help.
4. Ask trusted people for advice before making big decisions.

Retirement

1. Think about how you want to live when you stop working.
2. Save money little by little to help you in the future.
3. Talk to Elders or family members about their experiences.
4. Plan for health care, housing, and things you enjoy doing.

Remember:

Dream big and plan carefully, just as our ancestors prepared for each season of life.