



ACTIVITY A

Exploring Money Beliefs

GROUP BRAINSTORM

Directions: Ask the class the following questions and write their answers down on the board.

Guiding Questions:

- Who taught you about money?
- Where do you go for financial advice or information?

As a group, briefly discuss the pros and cons of each source. Use the chart below to guide the conversation, if necessary.

SOURCE	PROS	CONS
Parents and Family Members	<ul style="list-style-type: none"> • Trustworthy • Have your best interests at heart 	<ul style="list-style-type: none"> • May not be money-savvy • Attitudes toward money can vary dramatically in each household • May disagree on financial priorities
Friends	<ul style="list-style-type: none"> • Facing similar financial challenges • Easier to talk to than parents • Realistic advice 	<ul style="list-style-type: none"> • Different backgrounds or circumstances (what works for them may not work for you) • Limited financial experience
Financial Institutions, Financial Advisors or Financial Planners	<ul style="list-style-type: none"> • Experts in their field • Professional advice • Access to products, services and strategies you may not know about 	<ul style="list-style-type: none"> • Intimidating • Services may cost money • May have ulterior motives
Online Sources (Blogs and Forums)	<ul style="list-style-type: none"> • Private • Easy to access and research 	<ul style="list-style-type: none"> • Credibility; misleading information • Content authors may be trying to influence you to buy a certain product or service
Apps	<ul style="list-style-type: none"> • Efficient • Helpful tools • May help bring more mindfulness to your finances 	<ul style="list-style-type: none"> • More of a tool than an educational resource • May cost money • May require personal information

Additional sources include articles, books/ebooks, classes and workshops.