

## “Managing your money: Tools and tips to help you meet your goals”

### About Managing your money

The *Managing your money* booklet, offers a series of seven worksheets to help Indigenous individuals and families to set and work towards money goals. Each worksheet focuses on a financial area:

1. Your money goals
2. Tracking your regular income
3. Tracking your spending
4. Tracking your bills
5. Monthly budgeting
6. Setting a savings goal
7. Preparing for tax filing

Each worksheet features artwork by Simon Brascoupé paired with a teaching from the animal world that shares their skills, strengths and experiences in managing resources.

This booklet was developed in partnership with **AFOA Canada**, for the First Nations Financial Wellness Project funded by the **Ontario Trillium Foundation**.

### Using Managing your money

There are two audiences for *Managing your money*:

- Case managers, frontline staff and volunteers who want to help people they serve strengthen their financial wellness
- Community members that may want or need financial information and tools

The booklet is designed to facilitate one-on-one money conversations or to be used in financial education workshops. For example, *Managing your money* can support staff members:

- providing case management to individuals in the community
- assisting a community member with their monthly budget
- assisting a community member with their income tax return. It can also be used by volunteers.
- providing financial education workshops

Think of each worksheet as a specific topic and tool that members of your community can use, depending on their situation. We encourage you to use worksheets on their own or as a complete booklet to help individuals and families with their financial challenges and goals.

### Accessing *Managing your money*

You can make photocopies of individual worksheets that you find helpful to use with community members, or you can download the worksheets in digital PDFs from our website at [www.prospercanada.org](http://www.prospercanada.org) under **Financial Literacy Facilitator Resources**.

If you wish to print additional copies of the full booklet or individual handouts locally, please contact us for the PDF files with printer instructions, or we can arrange printing and shipping of the booklets and invoice you for all costs.

### Your feedback

Thank you for considering using *Managing your money* in your community or organization. We are excited to get feedback on the booklet from our partners and individuals who use *Managing your money* and will be reaching out to our partners for feedback.

We welcome hearing your feedback at any time on this resource. Please feel free to contact us to tell us how you are using it, what other topics might be helpful in a future version, or any other suggestions on how to improve the content.

Thank you!

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