

Module 1 - Exploring Your Relationship with Money

ACTIVITY SHEET 1-7

Goal setting

Use the awareness you have gained in this session to identify what knowledge and skills you want to improve during this workshop series.

Look back at what you wrote on *Activity Sheet 1-5, Rating your financial knowledge*.

- Did it reveal any knowledge gaps or areas for improvement?
- Is there a specific money topic that you would like to know more about?
- Do you have any beliefs about money, or behaviours with money, that you want to change?

Remember to make your goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound

1. Things I want to learn more about in this workshop series:

2. Things I will do to make sure that I get the most from these workshops:
