

Life Skills: Money Matters - My Relationship With Money

Instruction page

1 Activity Type

Age: 13-18+

Theme:
Informative
awareness
Money

Challenge Level
EASY

Resource Format
Interactive worksheet
PDF worksheet

Participation Style:
1-1 activity
Individual activity in a group
setting

2 General Activity Info

This interactive activity encourages participants to explore and reflect on their personal money habits. By selecting and categorising financial behaviours, participants gain insight into their spending, saving, and budgeting tendencies. The activity promotes self-awareness, helps identify areas for improvement, and fosters meaningful discussions about financial decision-making. Ideal for both young people and adults, this activity makes learning about finances engaging and practical.

3 Materials Needed

- Print and prepare the resources. Each page contains two worksheets, which need to be cut in half to accommodate two participants.

4 Step by Step Instructions

Identify Current Habits:

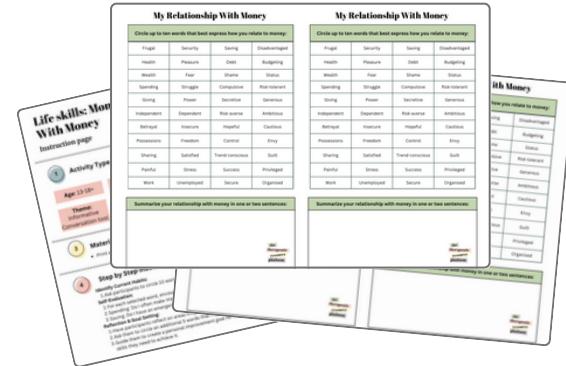
- Ask participants to circle 10 words from the list that resonate with their current money habits.

Self-Evaluation:

- For each selected word, encourage participants to assess how well they manage that area.
- Spending: Do I often make impulse purchases?
- Saving: Do I have an emergency fund in place?

Reflection & Goal Setting:

- Have participants reflect on areas they'd like to improve.
- Ask them to circle an additional 5 words that represent habits they want to work on.
- Guide them to create a personal improvement goal for at least one selected area and identify specific steps or skills they need to achieve it.



the
therapeutic
resource
platform

My Relationship With Money

Circle up to ten words that best express how you relate to money:			
Frugal	Security	Saving	Disadvantaged
Health	Pleasure	Debt	Budgeting
Wealth	Fear	Shame	Status
Spending	Struggle	Compulsive	Risk-tolerant
Giving	Power	Secretive	Generous
Independent	Dependent	Risk-averse	Ambitious
Betrayal	Insecure	Hopeful	Cautious
Possessions	Freedom	Control	Envy
Sharing	Satisfied	Trend-conscious	Guilt
Painful	Stress	Success	Privileged
Work	Unemployed	Secure	Organised

Summarize your relationship with money in one or two sentences:

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