

FINANCIAL LITERACY

Goal Setting Worksheet

Top 5 Values	Top 5 Financial Goals	Make specific, measurable, attainable, action-oriented	48-Hour Plan (What actions will you take in the next 48 hours?)	Enlist Help (Who will you share your goals with?)	Time-Frame (When will you finish?)
Example: 1. Security	Increase net worth by 10% next year.	Increase contributions to RRSP by \$200 per paycheque.	Call benefits person at work. Change contributions plan by Friday.	Call Pete (financial advisor) to review investment options in RRSP.	In 2 weeks, the new investment plan will begin.
2. Family					
3. Health					
4. Self-realization Self-development					
5. Community					

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Values Validator*

Rank your Top 5 Values. Use this method of ranking:

Not important: 0 Somewhat important: 1-3 Quite important: 4-7 Very important: 8-10

Values	Description	Rating (out of 10)
Academics	I have high regard for scholastic pursuits.	
Achievement	It's important to accomplish my goals.	
Activity	I like to be fully occupied at all times.	
Advancement	I want the opportunity for career advancement.	
Adventure	I like to do things in new and interesting ways.	
Enjoyment	I want to enjoy life and have fun.	
Expertise	I want to be a known authority in my field.	
Family	I want to contribute to family members.	
Friendship	I want close companionship.	
Health	I want to be healthy and pursue a healthy lifestyle.	
Independence	I like to be able to do the things that I want.	
Location	I want to be able to live anywhere.	
Power	I want to have influence over my future.	
Prestige	I like to obtain recognition and status.	
Routine	I like to have a set daily schedule.	
Security	I like to minimize adverse changes in my life.	
Self-Development	I want to be the best that I can be.	
Self-Realization	I like to realize the full potential of my skills and abilities.	
Social Service	I want to serve others.	
Wealth	I want to be able to afford opportunities.	

*Adapted from Values worksheet in *Client-Centered Life Planning* by Michael R. Curtis, 2005.

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Role Model Self-Assessment*

Answer the questions with either *True* or *False*.

Description	True	False
1. I would not stretch myself financially in order to drive a nice car.		
2. I try to stay up to date on the tax issues that affect me.		
3. I like to discuss investments.		
4. If I won the lottery, I would not noticeably change my lifestyle.		
5. I am usually eager to get to work.		
6. Learning is an important key to financial success.		
7. I am reasonably careful with money.		
8. I adhere to a structured budget.		
9. I always conduct due diligence on my investments.		
10. When I get advice, I seek a second opinion.		
11. I keep well informed for everyday financial decisions.		
12. I know where I am going and how to get there.		
13. If there is something I “want” but don’t “need”, I walk away and sleep on it.		
14. I pay off my credit card balance every month.		
15. I reflect on my past investment decisions to see what I can learn.		
16. I do not “gamble” with my savings by taking excess risk.		
17. I try to shop carefully, using coupons and waiting for sales.		
18. I can afford everything I need.		

*Inspired by *Financial Attitudes Exercise in Client-Centered Life Planning* by Michael R. Curtis, 2005.

Results:

- Less than 10 Trues – you have some work to do!
- 10-15 Trues – you are modelling good behaviour some of the time. Keep working on it!
- 15-18 Trues – Congratulations, you are modelling good behaviour almost all the time!

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Monthly Budget for Teens

Category	Monthly Budget	Actual Amount	Difference
INCOME:	Estimate Your Income	Your Actual Income	
Wages/Income			
Paycheck, allowance, monetary gifts, etc.			
Interest Income			
From savings account			
INCOME SUBTOTAL:			
SAVINGS:			
EXPENSES:	Estimate Your Expenses	Your Actual Expenses	
Food/Snacks			
Transportation			
Clothing			
Cell phone			
Entertainment (e.g. Movies, restaurants, video games, music)			
Other shopping			
EXPENSES SUBTOTAL:			
NET INCOME:			