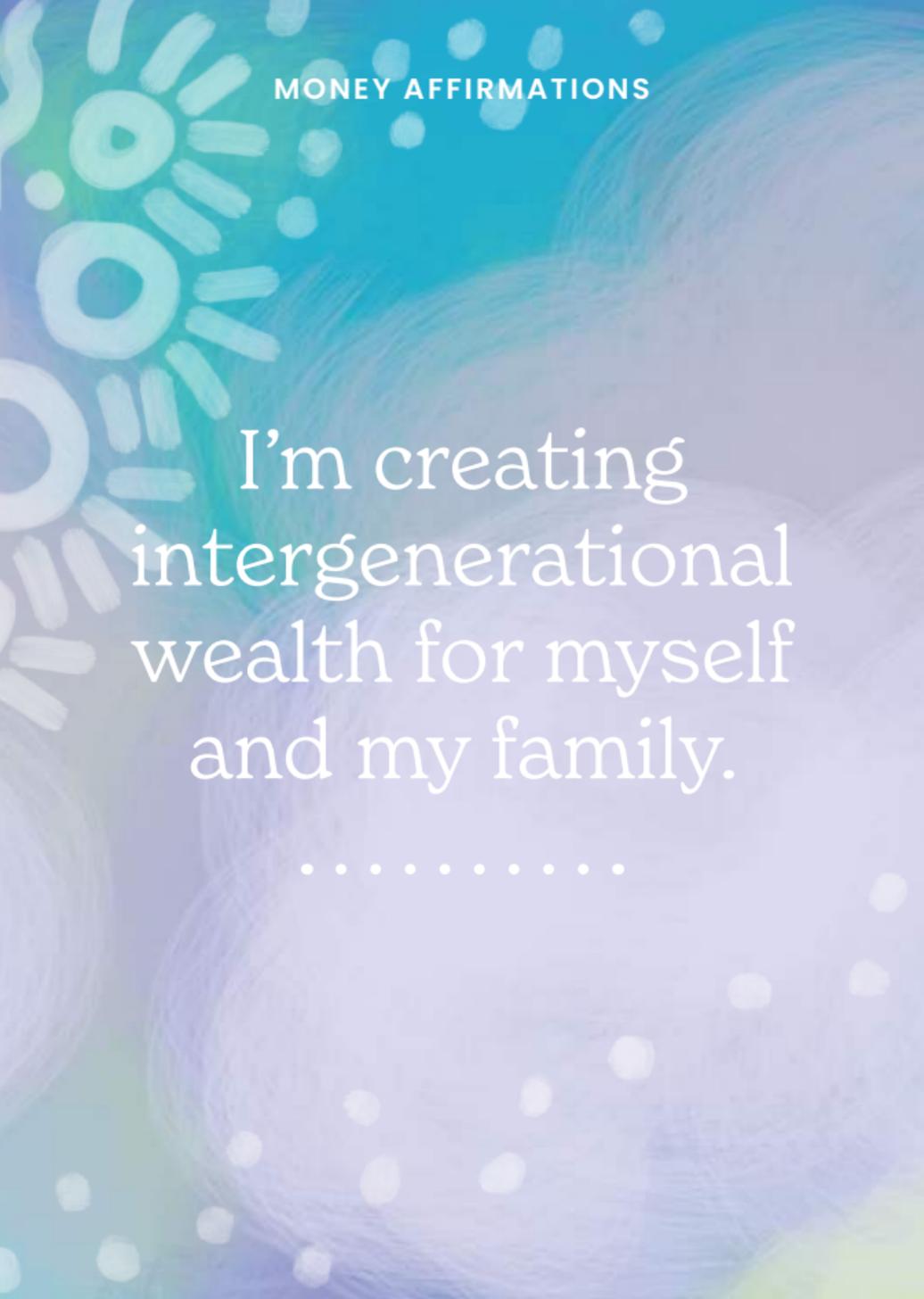




MONEY AFFIRMATIONS

I am in  
control of  
my financial  
future.

.....



MONEY AFFIRMATIONS

I'm creating  
intergenerational  
wealth for myself  
and my family.

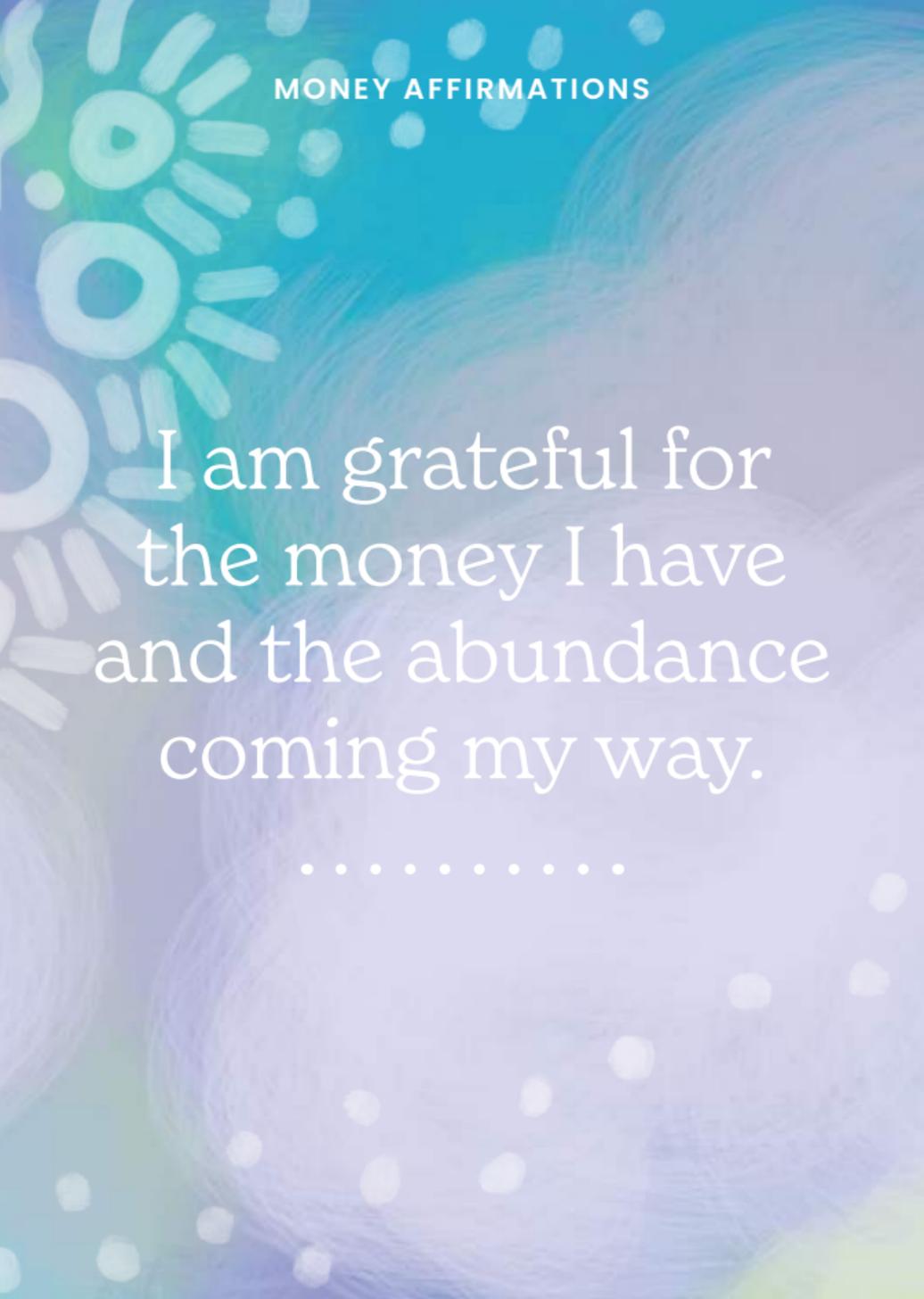
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MONEY AFFIRMATIONS

I'm improving  
my relationship  
with money.

.....



MONEY AFFIRMATIONS

I am grateful for  
the money I have  
and the abundance  
coming my way.

.....



MONEY AFFIRMATIONS

Money is a tool that  
can change my life  
for the better.

.....

CONVERSATION STARTER

Do you think  
it's important for  
everyone to have  
their own savings,  
even when in a  
relationship?

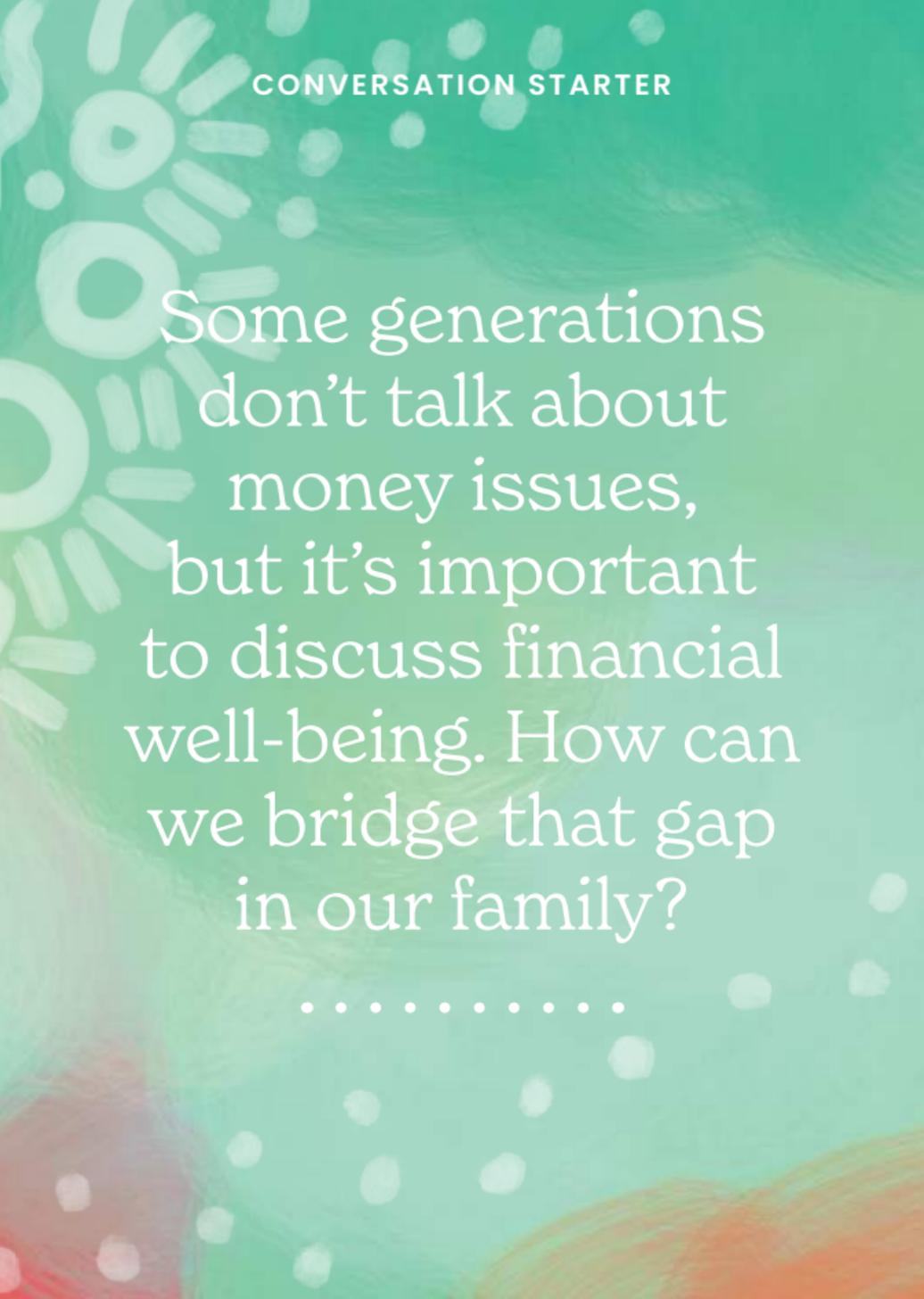
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CONVERSATION STARTER

Do you think  
it's important  
to be financially  
independent?

.....



CONVERSATION STARTER

Some generations  
don't talk about  
money issues,  
but it's important  
to discuss financial  
well-being. How can  
we bridge that gap  
in our family?

.....



CONVERSATION STARTER

What's the  
biggest lesson  
you've learned  
about money?

.....

CONVERSATION STARTER

What's one  
financial habit  
you're proud of?

.....

Do you often worry  
about not having  
enough saved for  
the future?

.....

**SELF-CARE TIP:** Start automating your savings, even if it's a small amount. Consistently saving can ease your worries and help you build a financial safety blanket.

Do you find  
yourself making  
impulse purchases  
when you're  
stressed or upset?

.....

**SELF-CARE TIP:** Try starting a spending diary to track your money habits and develop healthier coping strategies.

Do you find yourself afraid to make purchases or decisions about money because someone else might not approve or retaliate?

.....

**SELF-CARE TIP:** If this resonates, reaching out to a support group or hotline like 13YARN (13 92 76) for advice on financial abuse might be a vital step.

## SELF-AWARENESS

Have you ever felt  
guilty about spending  
money on yourself,  
even when it's  
something you need?

.....

**SELF-CARE TIP:** Reflect on your  
spending priorities and try to budget  
for self-care without guilt – it's okay  
to invest in your wellbeing.

Are you hesitant  
to seek help or advice  
about money matters,  
even when you're  
not sure?

.....

**SELF-CARE TIP:** Consider reaching out to a financial advisor or trusted friend for guidance. Asking for help is a smart step towards financial wellness. There are lots of free money resources on First Nations Foundation's website Tomorrow Money: [www.tomorrowmoney.co](http://www.tomorrowmoney.co)

## SELF-CARE ACTIONS

Practice saying no:

Set clear financial boundaries with friends, family and partners.

This includes talking about financial responsibilities and expectations to avoid misunderstandings or stress.

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## SELF-CARE ACTIONS

Track your spending:  
Keep a spending diary  
to track your daily  
expenses. This can help  
you to find any areas  
you could cut back on  
or adjust your spending.

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## SELF-CARE ACTIONS

Establish financial independence:

If possible, open a personal bank account in your name only.

This step can help you regain control over your money and to make sure that only you have access to it.

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## SELF-CARE ACTIONS

Document financial abuse: Keep a record somewhere safe and private of any instances of financial control or abuse, including emails, texts or receipts. These documents can be important if you need to seek legal help.

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## SELF-CARE ACTIONS

Financial check-ins:

Set up monthly financial check-ins with yourself to review your financial situation, track progress on goals, and adjust as needed.

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