

 HIGH SCHOOL STUDENT WORKSHEET

# Taking the next steps on your money journey

Financial well-being means having control over your money and being able to make choices that allow you to enjoy life. It's made up of three building blocks. Exploring the building blocks will help you get the money future you want.

## Planning and self-control

Where are you in this part of your money journey? Check that box below.

- Starting out
- On the road
- Well on your way

Check two behaviors that you're best at doing now.

- Staying focused on my task
- Remembering information
- Controlling myself and my impulses
- Delaying gratification
- Planning ahead and setting goals
- Analyzing and solving problems
- Thinking creatively and being flexible
- Sticking with my task and achieving my goals

Write two behaviors from the list above that you want to get better at doing.

1. \_\_\_\_\_

2. \_\_\_\_\_



## Money habits and values

Where are you in this part of your money journey? Check that box below.

- Starting out
- On the road
- Well on your way

Check two behaviors that you're best at doing now.

- Having a positive attitude about money
- Having a positive attitude about saving money
- Having a positive attitude about spending money
- Using a savings plan
- Using a spending plan
- Making money choices that support my goals and values
- Showing confidence when I complete money-related tasks

Write two behaviors from the list above that you want to get better at doing.

1. \_\_\_\_\_
2. \_\_\_\_\_



## Money knowledge and choices

Where are you in this part of your money journey? Check that box below.

- Starting out
- On the road
- Well on your way

Check two behaviors you're best at doing now.

- Working with numbers
- Performing financial calculations
- Understanding basic money concepts
- Identifying trusted sources of information
- Comparing and contrasting options
- Analyzing information
- Making informed choices
- Reflecting on and learning from experiences

Write two behaviors from the list above that you want to get better at doing.

1. \_\_\_\_\_

2. \_\_\_\_\_

## Reflection questions

1. What's one thing you'd like to save money for?
  
2. What's one thing you can start doing soon to help you get the money future you want?