



# *I'm Worth It* Lesson Plans

It's time to get together, talk about money, figure out your finances, and get on track. These five lesson plans are designed to get you thinking about values, spending habits, investments, and how money affects relationships.

These lessons can be used in a traditional educational setting by a facilitator, or women can complete the lessons on their own. Better yet, women can get together and work through the lessons and discussion questions collectively.

Each lesson plan is accompanied by a short conversational video featuring women from the *I'm Worth It* resource.

## Women

You don't have to be experts to use these lesson plans. Try getting together with friends, trusted co-workers, or family members over five weeks (or longer if you need) and work through these lessons. You may be surprised how much you enjoy learning something new about yourself and your finances.

## Facilitators

These lesson plans are formatted for use in any educational setting. They include participant learning objectives and outcomes (know-how and skills), discussion questions, and takeaways. You can use these lessons in a five-week financial education series.

## Lesson Plan Sections

**Think About It:** This section sets the tone for the lesson and should get you thinking about the study topic in a particular light.

**Know-how and Skills:** These are the lesson plan objectives, the takeaways, and the skills you should gain by completing the activities and discussion questions.

**Discussion Questions:** Each lesson plan starts with discussion questions to get you thinking about the topic from different perspectives. These discussion questions should be done prior to completing the activities.

## Activities



**Think and Talk:** These activities are conversation based. They are valuable when done in a group setting. Often, hearing about others' perspectives can make you think differently about your own financial situation.



**Read and Research:** These activities may require a bit of at-home work. They cover important investment and financial topics that may not be top of mind. They will help you learn terms and other important information necessary to help make smart investment decisions.



**Track and Record:** These activities require you to monitor your behaviours, track your spending and saving, and adjust the way you manage your money.

**The *I'm Worth It* guide will help you through these lessons. Order or download your free copy at [ImWorthIt.ca](http://ImWorthIt.ca)**





## LESSON 2: Saving & Spending

### Think About It

Are you a spender or a saver? Most people aren't just one or the other.

The problem is you often get stressed when you aren't saving enough. The best thing is to strike a balance between how much you save and how much you spend. Perhaps more importantly, recognize that regardless of your financial situation, debt level, or expenses, putting away savings each month is critical in getting you on track.

**Know-how and Skills:** In this lesson you will learn about the various types of savings accounts. You will better see the importance of saving and investing as early as possible. You will also identify some of your spending habits and the means for adjusting them.

To begin, watch the *Saving & Spending* video at **ImWorthIt.ca** and answer the following questions by yourself, or discuss them in a group of friends or family members. Be sure to write down your responses.

### Discussion Questions:

- As a woman, is it important that you save? Why?
- What are some of your strengths when it comes to saving?
- Do you have savings tips you could share that you think would be helpful to others?
- What is your thought process when you consider spending money or making a purchase?
- What is the 10% rule?
- What are your spending weaknesses?
- Why do you really think you spend money?

### Activities:



#### Cutting back

Check out the link **Simple Tips to Help You Save Money**<sup>1</sup> from *Canadian Living Magazine* to learn how small changes can impact your financial situation. Try to think of areas where you can cut back your spending. Write down these ideas, and also the money saving techniques that you are currently using. Feel free to share and discuss with friends and family.



#### Road test

During the course of one week track everything you spend – every single purchase. At the end of the week review your habits and see where you spent most and spent most frequently. Try to cut back spending in one area

that you have identified as being problematic. For another week, take note of whether or not you were able to make the change. If you were able to cut back, how did you feel? If you were not able to adjust, how did this make you feel? How much did you save? Write down your findings and feel free to share what you learned with your friends or family.



#### Types of savings accounts

There are lots of ways to save money. You can put money away once and let it grow or add to it every month. Take an hour or two and research different types of savings accounts. If you are in a group you may want to split the task up between everyone and have them research different account types. Put together a pros and cons list for each account and try and identify the option that is the most appealing to you. It might be helpful to find an online interest calculator to see what kinds of returns or interest you can expect to earn from each account.

### Helpful Links and Articles:

- Zack and Zoe's story, **Becoming a One-Income Family**<sup>2</sup> from [getsmarteraboutmoney.com](http://getsmarteraboutmoney.com)
- **200 Ways to Save Money on Just About Everything**<sup>3</sup> by Cassie Howard of [MrsJanuary.com](http://MrsJanuary.com)
- Quiz: **Are You a Shopaholic?**<sup>4</sup> by Gail Vaz-Oxlade.

Links in this lesson:

1. <http://www.canadianliving.com/life-and-relationships/money-and-career/article/simple-tips-to-help-you-save-money-everyday>
2. <http://www.getsmarteraboutmoney.ca/en/managing-your-money/planning/investing-basics/Pages/becoming-a-one-income-family-zack-and-zoes-story.aspx>
3. <http://www.mrsjanuary.com/frugal-living/over-200-ways-to-save-money-on-just-about-everything/>
4. [http://www.gailvazoxlade.com/resources/shopaholic\\_test.html](http://www.gailvazoxlade.com/resources/shopaholic_test.html)