

Week 2: Beliefs About Food and Money

Time Needed	Materials Needed	Set-Up Needed
30 minutes	Beliefs About Food and Money Handout	N/A
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
This is a values/beliefs activity. Participants will begin to explore their beliefs about money.	Given: We all have different values and beliefs when it comes to money and money management.	Open to exploring different beliefs. Excitement about self-reflection and understanding why we do what we do and believe what we believe.
Topic	Procedural Steps/Activities/Key Points to be made	
Introduction	<p>This is a beliefs activity, where you will begin to explore your beliefs about food and money. We all have different beliefs when it comes to these topics and their management.</p> <p>Introduce the Beliefs about Money and Food handout and have participants check each belief they agree with.</p>	
Activity	<p>Take 5-10 minutes to complete this worksheet. Check off the beliefs that you agree with (beliefs you hold). These are things your saboteur or critic might say. Take your critic out; do these beliefs activate your critic? What behaviors are caused by these beliefs?</p>	
Discussion	<p>Ask:</p> <ul style="list-style-type: none"> • What stood out for you? • How has your saboteur stopped you from reaching goals? • What beliefs have helped you achieve your nutrition and financial goals? • In what situations has your saboteur served you well? • What can you do differently to stay on track and meet your goals? 	
Wrap Up	<p>If not enough class time, finish My Belief about Food and Money Worksheet as homework.</p>	