

Week 2: Critical Thinking About Money

| Time Needed | Materials Needed | Set-Up Needed |
|---|---|------------------------------------|
| 30 minutes | Critical Thinking About Money Hierarchy | |
| Task, Content, Rational Aim | Background, Givens, Focus | Group, Mood, Experiential Aim |
| Start to critically think about money to tackle debt in the right order | Income Level really does matter – it's much easier to move up pyramid if you increase the amount of money coming in | Encourage Critical Thinking Skills |
| Topic | Procedural Steps/Activities/Key Points to be made | |
| Introduction | When you start to think critically about money and your debt you can begin to strategically address your financial problems. | |
| Discussion | When you start to think critically about money and understand that there are logical steps that one must achieve before moving up the ladder to financial freedom (as defined by the individual) you can avoid some of the stress and setbacks that come from “never having enough.” | |
| Key Points | <p>HANDOUT:</p> <ul style="list-style-type: none"> • Critical Thinking about Money/ Hierarchy <p>Questions to answer as one begins to tackle their financial problems:</p> <ul style="list-style-type: none"> • Do you have enough income to cover basic living expenses? • Do you have a lot of high interest rate debt? • Do you have any emergency cash? • Are you ready to start thinking about longer term saving and investing goals? | |
| Activity | N/A | |
| Debrief | <p>Maslow says that humans need to have more basic needs fulfilled before we try to satisfy higher level needs. Skipping steps leads to feeling uncomfortable and stressed out. Begin at the bottom of the financial hierarchy of needs and work your way up.</p> <p>Additional Resources: Financial Hierarchy of Needs (www.balancejunkie.com)</p> | |
| Wrap-Up | <p>Maslow says that humans need to have more basic needs fulfilled before we try to satisfy higher level needs. Skipping steps leads to feeling uncomfortable and stressed out. Begin at the bottom of the financial hierarchy of needs and work your way up.</p> <p>Additional Resources: Financial Hierarchy of Needs (balancejunkie.com)</p> | |