

## Week 3 (Day 3): Long Range Visioning

Time Needed	Materials Needed	Set-Up Needed
30 minutes	Paper Charts/Markers	Markers for each person on tables. 7 flip charts prepped/labeled: Family/Friends; Work/Volunteer; Free Time/Hobbies; Personal Growth; Health; Healthy Eating and Wealth
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Get individuals to think about their future and what it will be like. Individuals begin to connect future lives with financial management.	Last week the group looked backwards to money management learned as a child. This week the group is looking forward to what their lives will be like in 5, 10, or 20 years.	This is a brainstorming activity. Energy level should be high; creativity should be flowing.
Topic	Procedural Steps/Activities/Key Points to be made	
<b>Introduction</b>	We're going to begin today with an activity called Long Range Visioning. Last week the group looked backwards to money management learned as a child. This week the group is going to looking forward to what your lives will be like in 5, 10, or 20 years.	
<b>Discussion</b>	Take a moment to think about your future. Choose a time horizon that works best for your goals, is it 5 years? 10? Close your eyes and think about How old will you be at the time in the future you are thinking of? What will your life be like? Will you be working or retired? What will you be doing? What will you have? What have you accomplished? Beware of the inner critic distracting your visioning	
<b>Activity</b>	Activity: Around the room are 7 posters labeled: <ul style="list-style-type: none"> <li>• Family/Friends</li> <li>• Work/Volunteer</li> <li>• Free Time/Hobbies</li> <li>• Personal Growth</li> <li>• Health</li> <li>• Healthy Eating</li> <li>• Wealth</li> </ul> Take a marker with you and go to each poster and write down a couple of bullets on what you can do with your money today to have the life you want in future years. Remember...you want to start TODAY!!  Get volunteers to read each list. Ask: what jumps out at you here? Have participants take a moment to list a few things they can do right now with their money to take care of that person they will be in 5 to 25 years.	
<b>Debrief</b>	Facilitator to read off some of the points as to what they can do with their money now. Ask: What are your thoughts? Is this doable for you? What do you need right now to make this happen?	
<b>Wrap-Up</b>	Explain how we will help them make their goals SMART next week to help them become real.	