



## DIGITAL FINANCE WORKSHOPS FOR WOMEN- LED BUSINESSES IN HAMILTON AND HALTON

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### MODULE 1 WORKBOOK: EXPLORING YOUR RELATIONSHIP WITH MONEY



Generously supported by:  
The Allen and Milli Gould Family Foundation



# SOURCES



Prosper Canada strives to create a culture where all feel valued, respected, and a true sense of belonging. Our team is collaborative, forward-thinking, and human-centred.

<https://prospercanada.org/About-Us/Overview.aspx>



The Huffington Post provides updates in news, business finance, entertainment and more.

[https://www.huffpost.com/entry/unhealthy-relationship-with-money-signs\\_l\\_63b48d3be4b0d6f0b9f63fdd](https://www.huffpost.com/entry/unhealthy-relationship-with-money-signs_l_63b48d3be4b0d6f0b9f63fdd)



Shondaland is the pioneering storytelling company founded by Shonda Rhimes.

<https://www.shondaland.com/live/money/a38006576/is-your-relationship-with-money-holding-you-back/>



Psych Central is the Internet's leading mental health publisher.

<https://psychcentral.com/blog/what-it-means-to-have-a-healthy-relationship-with-money#1>



Clever Girl Finance is one of the largest personal finance media/education platforms for women in the U.S.

<https://www.clevergirlfinance.com/transforming-your-relationship-with-money/>



# ASSIGNMENT: SMART GOALS

S

## **SPECIFIC**

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started.

M

## **MEASUREABLE**

Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

A

## **ACHIEVABLE**

Are you able to take action and achieve the goal? Actionable goals measure the steps to get there are within your control.



# ASSIGNMENT: SMART GOALS

R

## REALISTIC

Avoid overwhelming and unnecessary stress and frustration by making the goal realistic.

T

## TIME ORIENTED

A date helps us stay focused and motivated, inspiring us and providing something to work towards.



# MODULE 1 QUIZ

Choose the correct response from the drop down menu on each question.

1. Which of the following is **not** an indication of an unhealthy relationship with money?
2. Which of the following **is** a common unhealthy coping mechanism pertaining to money?
3. True or False: Getting in tune with your financial beliefs is not a good way to start repairing your relationship with money.
4. What does "SMART" in SMART Goals stand for?

**TOTAL SCORE:**

