

Module Target Learning Outcome

Manage personal spending to meet financial goals and minimize the impact of financial obstacles.

Lesson	Target Competencies and Supporting Objectives	Activities	Pages
1-1 Money Habits	Explore how spending, saving and values impact your finances. <ul style="list-style-type: none"> ▪ Discuss the value of planning how money is used. ▪ Give examples of sensible and unwise spending decisions and behaviors. ▪ Compare spending priorities. 	Activity 1.1: My Money Habits Activity 1.2: My Disappearing Dollars Activity 1.3: Why Wait? Activity 1.4: My Needs and Wants Activity 1.5: My Values Stop Drop and Think Before You Buy Test Task: Values and Spending Survey Assessment: My Personal Money Motto Taking it Home: Compare Values	3-13
1-2 Goals	Set financial goals that are specific and measurable. <ul style="list-style-type: none"> ▪ Discuss how personal goals can be achieved through money goals. ▪ Explain how to write an effective financial goal. ▪ Discuss how to prioritize actions while working to achieve several goals at the same time. 	Activity 1.6: SMART Goal Makeover Task: SMART Goal Rework Assessment Challenge 1-A: My SMART Goals Taking it Home: Talk to Adult About Goals	13-19
1-3 Decisions	Apply strategies to be mindful about spending decisions. <ul style="list-style-type: none"> ▪ Discuss what influences spending decisions. ▪ Identify tools and strategies to manage spending habits. ▪ Demonstrate how the decision-making process works. 	Task: DECIDE on a Car Assessment Challenge 1-B: My Decision Taking it Home: Family Spending Decision	19-21
1-4 Spending Plan	Create a spending plan to reach your goals. <ul style="list-style-type: none"> ▪ Discuss how a spending plan helps manage spending habits. ▪ Describe what a spending plan is. ▪ Explain how to use a spending plan. 	Activity 1.7: My Income Activity 1.8: My Expenses Task: Maya's Spending Plan Assessment Challenge 1-C: My Spending Plan Taking it Home: Jump\$tart Reality Check	22-31
1-5 Cash Flow	Figure out ways to maintain a positive cash flow. <ul style="list-style-type: none"> ▪ Identify how to plug spending leaks. ▪ List strategies to stick to a spending plan. ▪ Discuss ways to be prepared for unexpected money events. 	Activity 1.9: My Income Options Activity 1.10: My Spending Leaks Game: Green Reaper Task: Money Flow Letter Task: Self Management Assessment Assessment Challenge 1-D: My Action Plan Taking it Home: Spendster Videos	31-40

Introduction to Lessons

Lesson 1-1: Money Habits

Habits can help you soar to success or keep you panting on the treadmill, with success always out of reach. They're sneaky, too. Because habits are automatic, they kick in before you can stop to think about how they're going to help you or hurt you in the long run.

In this lesson, students examine their current habits, spending values and money attitudes to better understand how values and attitudes can impact relationships and financial decisions.

Lesson 1-2: Goals

If you were giving a birthday party for your friend, would you just throw it all together at the last minute? Of course not! You would decide on the goal (a great birthday party) and work backward to figure out everything you'd need to do to make it happen.

You should do exactly the same thing with your money. Many people spend, spend, spend, and then wonder why they're short of funds when it's time to pay the bills or why they never have the money for the things they really want. If they had set clear goals, created plans to achieve them, and worked the plans as faithfully as they watch their favorite TV shows, they'd be much less stressed and a whole lot happier.

In this lesson, students plan goals that will achieve their desired financial results.

Lesson 1-3: Decisions

Making decisions about money can be hard. Sometimes you have to sacrifice what you're dying to have now for what you really want—but can't have—until later. Sometimes the best choice for you will disappoint a friend. And if you're in a relationship, there may be times when you have to put off your wants to focus on your partner's. There's rarely a perfect solution.

When you can't count on a steady income stream, making decisions about money can be even harder. All you can do is make the best decision you can with the information you have at the time.

In this lesson, students learn about strategies to be mindfully deliberate about spending decisions.

Lesson 1-4: Spending Plan

You've analyzed what you've been spending money on and set some SMART goals to strive for. Now, the rubber meets the road and it's time to start making it happen. Your next step is to create the road map that will guide you to your destination: success.

Your map is a spending plan or budget. It should detail exactly how you're going to use your money to pay for the things you want. An effective spending plan not only multiplies your chances of success, it also helps make the journey faster and easier.

In this lesson, students practice the skills needed to create an effective spending plan.

Lesson 1-5: Cash Flow

Once you've developed your plan, you're ready to put it into practice. No one else can do that for you. Of course, knowing what you should do doesn't mean that actually doing it will be easy. The good news: We have tips and strategies to help you get rolling.

The basics of maximizing your money comes down to cash flow—the money flowing into your pockets as income and flowing out as expenses and debt. It doesn't matter who you are or how much money you have, maintaining a balanced cash flow is crucial.

In this lesson, students explore strategies to maintain a positive cash flow.