



NEURODIVERSITY**HUB**

NDH MoneyBasics

Supplemental Guide

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INTRODUCTION

Many people believe that it is easier to avoid thinking about personal finances, as this can be emotional, stressful and/or hard. However, it does not have to be any of those things. With a solid introduction to money, whether you are a 'spender' or a 'saver', you can start creating the financial future you want.

NDH MoneyBasics is a module designed to help you through *your* world of money. We are all different; no single method fits us all. As such, this course provides you with materials that allow you to explore your own experience, giving you a deeper understanding of banking, saving, spending, and learning how your own personal thoughts and behaviours might influence these areas.

Try to be honest with yourself as you go through each week. It is not wrong to have a certain attitude or classify something like lollies/ candy as a 'need'. The more honest you are, the better you can budget and the easier managing your money will be.

SUPPLEMENTAL GUIDE INSTRUCTIONS

We recommend using this Supplemental Guide in conjunction with the online program. This will help you reflect before and after you go through the materials provided. These personal reflection and practice exercises may help you develop a greater understanding of the concepts and help make the training more effective. You can either print or edit this PDF as it is intended as a workbook; however, you can also write down your thoughts/answers in a notebook or add extra pages if you run out of space when answering the questions.



WEEK 1 – PERCEPTION OF MONEY

Use the space below to reflect on the following questions before going through the exercises:

1. What is the first thing you want to do when you get your money?
2. Are you keen to spend your money, or do you want to save it?
3. Would you describe yourself as being obsessed with bargains, in need of designer goods, or unaware of how you spend your money?
4. Did you know that there are different money personalities that influence the way you spend your money?

Now complete the Week 1 activities ...

After you have completed the activities in Week 1, use the space below to reflect on the following questions:

1. Do you agree with your money personality? Why or why not?
 - It is okay if you do not agree with the money personality described in MoneyMinded.
 - If you had to name your own personality type in relation to your attitude towards money, what would you call it? Why?
2. What is one thing you learned in this section that you see yourself using in the future?

Summary

The way that you feel about money shapes how you handle it. This is your “money personality”. Once you are aware of what type of money personality you have, you can work on balancing your behaviour to create a more unified approach between spending and saving when making personal financial decisions.



WEEK 2 – NEEDS AND WANTS

Use the space below to reflect on the following question before going through the exercises:

1. When you consider the various things you desire to purchase, which of those do you classify as a *need* and which to you classify a *want*?
2. Is the decision of a need vs. a want an easy decision to make?

Now complete the Week 2 activities ...

After you have completed the activities in Week 2, use the space below to reflect on the following questions:

1. What are five things you *need* to buy, and five things you *want* to buy?

NEEDS

1. _____
2. _____
3. _____
4. _____
5. _____

WANTS

1. _____
2. _____
3. _____
4. _____
5. _____

2. What are some ways you can balance your needs and wants?

Summary

The very same item that may be a *want* for someone could be a *need* for you. It is important to be able to distinguish these two conceptually in order to better understand the impact it has on your spending. Tracking your spending can help reduce “spending leaks” – the areas where you spend money on things you want but may not need. This will help ensure you have the money to buy the things you need.



WEEK 3 – BUDGETING

Use the space below to reflect on the following questions before going through the exercises:

1. What does the word ‘budget’ mean to you?

2. Do you set limits on your spending?

3. How do you ensure you meet your budget? *[Think about strategies of putting money aside or anticipating future spending.]*

Now complete the Week 3 activities ...

After you have completed the activities in Week 3, use the space below to reflect on the following questions:

1. What do you see as the benefits of setting a budget?
2. What components would you include in your budget?
3. What are some ways you can ensure you follow your budget?
4. What is one thing you learned in this section that you see yourself using in the future?

Summary

The best way to learn how to budget is to practice doing it. You may not follow it perfectly (especially in the beginning), but budgeting helps you know your own money situation – what you have and what you are spending. In order to know what you can afford to buy, you have to be aware of how much you have. A budget is a tool you can use to help you meet your financial goals and ensure you can buy the things you need and want. Use the method that works for you for tracking yourself against your budget (e.g. mobile app, on-line website, notebook, etc.).



WEEK 4 – GOAL SETTING

Use the space below to reflect on the following questions before going through the exercises:

- 1. What is one large item/thing you just purchased or are very keen to purchase in the future? *[Think of something that is a WANT for you! Reference Week 2 material for a refresher on ‘wants’ and ‘needs’.]*
- 2. What are some steps you can take financially to achieve this goal (or, steps you did take to achieve this goal, if you have already made the purchase)?

Now complete the Week 4 activities...

Now that you have completed the activities in Week 4, let's practice setting a SMART goal. As you progress through the next five weeks, come back to this page and check-in on your progress towards accomplishing your goal!

What do you want to accomplish?

S SPECIFIC

How will you know when you have accomplished your goal?

M MEASURABLE

How can you accomplish your goal?

[Do you have the resources to achieve this goal? If not, how will you get them?]

A ACHIEVABLE

R REALISTIC Is accomplishing this goal possible? Explain how it is.

How long will it take to accomplish your goal?

T TIMED

Summary

The earlier you start, the easier it will be to achieve your goal because you will have more time to obtain the necessary resources. It is important to think about all five areas of a SMART goal when setting them. Goals can be big or small and just like budgeting, the more you practice, the easier it will be to set and achieve your goals!



WEEK 5 – BANK ACCOUNTS

Use the space below to reflect on the following questions before going through the exercises:

1. What do you do to keep your money safe?

2. Do you have a bank account?

- a. If "NO", why?

- b. If "YES", how much do you know about your accounts?

Now complete the Week 5 activities ...

After you have completed the activities in Week 5, use the space below to reflect on the following questions:

1. What are the advantages and disadvantages of having a bank account? *[Think about different types of accounts and which may work best for you and your needs]*
2. What is one thing you learned in this section that you see yourself using in the future?

Summary

It is important that you consider your own financial position before making financial decisions. Our goal throughout this training is to provide you with foundational information, not to advise you on how to handle your money. Before making major decisions, we recommend asking people you trust (financial advisor, family member, impartial/knowledgeable friend) for advice on how to best protect/manage your money.



WEEK 6 – TECHNOLOGY

Use the chart below to reflect on the following question before going through the exercises:

1. Do you think technology has made your money more or less safe? *[Think about: passwords, chip cards, tap to pay, ATMs, etc.]*

PROS (reasons it is now MORE safe)	CONS (reasons it is now LESS safe)
•	•
•	•
•	•
•	•
•	•

2. How often do you use technology in relation to money matters?

Now complete the Week 6 activities ...

After you have completed the activities in Week 6, use the space below to reflect on the following questions:

1. What steps can you take (or will continue to take) to protect your money?

2. What is one thing you learned in this section that you see yourself using in the future?

Summary

Technological advances have revolutionised the way money is handled, both in positive and negative ways. In order to best protect your money, it is essential you understand the implications and feel confident protecting your privacy online.



WEEK 7 – DEBT

Use the space below to reflect on the following questions before going through the exercises:

1. What does 'debt' mean to you?

2. Have you ever owed a friend money for a movie ticket or video game? How did that make you feel? How did you go about paying them back?

3. Do you know what a credit rating (credit score) is? Do you have one?

Now complete the Week 7 activities ...

After you have completed the activities in Week 7, use the space below to reflect on the following questions:

1. Do you feel confident in your ability to avoid debt?
2. What are some things you can do right now [strategies] that may help you avoid debt in the future?

Summary

Debt is something most, if not all, people want to avoid. We hope you now have a better understanding of what debt is and tips to managing debt if you have it. Whether a small or large debt, this is a very serious topic and we recommend using the resources provided if you are in need of additional help. As always, ask a trusted person for advice before you make major financial decisions.



WEEK 8 – CREDIT

Use the space below to reflect on the following questions before going through the exercises:

1. Do you ever want things, but don't have the money to buy them right now?
2. What do you do when this happens?

3. Do you think you will want/ need a credit card in the future? Why?

Now complete the Week 8 activities ...

After you have completed the activities in week 8, use the space below to reflect on the following questions:

1. What do you see as the benefit of having a credit card and what are the potential concerns?

(POTENTIAL) BENEFITS	(POTENTIAL) CONCERNS
•	•
•	•
•	•
•	•
•	•

2. What is one thing you learned in this section that you see yourself using in the future?

Summary

There are numerous methods to obtaining credit, and it is important that if you decide credit is the right thing for you, you know which type is best. There is not one right answer and we recommend working with a financial advisor or trusted (impartial) person before making a large financial decision.



WEEK 9 – INVESTING

Use the space below to reflect on the following questions before going through the exercises:

1. When you think about investing, what are some ideas/words/feelings that come to mind? [List them below]

-
-
-
-
-
-

2. What does the word ‘investment’ mean to you? What are some things you consider to be an investment?

3. In relation to financial investments, is this something you are interested in actively pursuing?

Now complete the Week 9 activities ...

After you have completed the activities in Week 9, use the space below to reflect on the following questions:

1. What is one thing you learned in this section that you see yourself using in the future?
2. Who might you speak to when, or if, you consider making a good investment for *you*?

Summary

Just like goal setting, the earlier you invest the better. Investing in your future early can mean greater potential returns by the time you want to access it. However, our goal throughout this program is to provide base-level information. Investing is a personal matter and we recommend that you speak to someone you trust and/or someone who is qualified to provide advice. It is best that you seek out someone who is impartial, honest and can give credible feedback to support you making a good decision. Also, you don't have to rely on one person or one piece of advice. This is your money and your future so getting more than one opinion and perspective can help better inform your decisions.