

Financial Life Stages

Discovery Activities



Thinking about your future plays a large role in reaching your goals as you maneuver your way through life's financial stages. Use the attached pages to reflect on your current habits and think about what you'd like your future financial situation to look like.

Name _____

My Personal Consumer Behaviors



Directions: Think of yourself as a consumer—one who buys and uses goods and services. Complete the following statements. Do not change your answers once you have written them down. There is no right or wrong answer. Knowing your habits can help you change your habits when change is needed.

1. I spend too much money on _____.
2. I most enjoy buying _____.
3. I'd use credit if _____.
4. If I'm in a depressed mood, I may spend my money on _____.
5. If I'm in a happy mood, I may spend my money on _____.
6. I most enjoy owning _____.
7. The saver in our family is _____.
8. The spender in our family is _____.
9. I will spend most of my money on _____.
10. I am least likely to spend money on _____.
11. I return (pick one) __more __fewer or __ about the same number of things back to the store than most people I know.
12. My best purchases have occurred when _____.
13. I usually postpone buying when _____.
14. After something gets old or worn I usually _____.
15. My parents often make spending seem _____.
16. My parents often make saving seem _____.
17. When it comes to savings, I _____.
18. As a consumer, I am (pick one) __seldom __sometimes __often concerned about how my purchases affect the environment.
19. If I won a million dollars, I would _____.

20. Below are 15 items commonly purchased. Rate them from 1 (what you'd first purchase) to 15 (what you would only purchase if money was left over).

____ Buy new clothes	____ Buy lottery tickets	____ Set aside money for education
____ Buy electronics	____ Eat out	____ Give money to a friend in need
____ Save for future use	____ Pay for car insurance	____ Buy a gaming system
____ Take a trip	____ Go to a sporting event/concert	____ Trade in your car for a new one
____ Repaint your room	____ Donate to a charity	____ Throw a party

REFLECTION:

- Circle your top three purchases. Do they have any underlying value or commonality?
- What about your last three items? Do they have anything in common?
- What if you were given money to spend? Would your ratings change?
- Review your "answers" from the first section. Do your answers match your "purchases"?
- What does this tell you about your consumer behavior?
- Do you feel your future consumer decisions will be different from what you've learned here? Why or why not?

SMART Goals Worksheet

Directions: Use this worksheet to create a SMART goal. Identify short, mid, and long-term goals. Your goal can be about anything! Each goal will be completed on a separate worksheet. Verify that your goal is **SMART** by using the questions listed below.

Today's Date: _____

Specific: What is your goal? Be specific.

Measurable: How will you measure your progress? (How many? How much?)

Achievable: Is achieving this goal realistic with effort and commitment? What steps are involved?

Realistic: What skills and knowledge are necessary to reach the goal? Is it doable?

Timely: When will you achieve this goal?

This goal is important because:

SMART Goals - Take Action!

Directions: Identify the obstacles you may face when working to achieve your goal and find solutions.

Potential Obstacles	Potential Solutions

Who are the people you will ask to help you?

Specific Action Steps: What steps need to be taken to reach your goal?

[illegible]