

Why Save?

Use this space to record your thoughts and ideas of why it's important to save. As we review the ideas the class posts up on the board, think about which are meaningful and important to you and take note!



FITNESS TIP

Emergency savings are a must! Certified Financial Planners recommend dual income households set aside three months living expenses and that one income households set aside six months living expenses. We recommend you save what you can and the amount you need to feel comfortable. If you can save \$500-\$1,000, that's a great start.

What I'd Like to Accomplish

In order to achieve your goals, begin with identifying some ideas of what you'd like to accomplish in the short or long term. Be creative and have fun with this. Let your imagination come up with a variety of ideas. Write your ideas along the spiral below.



*"A goal without a plan
is just a wish."*

– Antoine de Saint-Exupery
Author



Now that you've spent some time examining how your attitudes, feelings, and values affect your behaviors around money, you are ready to start setting some goals.

The difference between a dream and a goal is a plan.

DREAM

Stability and
security
for my family

VS.

GOAL

Purchase
a home within
18 months

Set your goals based on your values. What could motivate you more to achieve your goals than linking them to your own core values? There are no right or wrong answers.



TALK DOESN'T MAKE RICE

– Chinese proverb

SMART Goals

Now let's take a look at how to develop a plan to help you attain your dreams. A well written goal is a SMART* goal. It needs to be written in such a way that you are clear about exactly what it is you want and have a clear roadmap to achieve that goal.

S _____	The goal must be written with detail.
M _____	This is how you will know you have achieved your goal.
A _____	The goal should be attainable given your available resources.
R _____	Does the goal apply to your values and your life?
T _____	By when do you want to reach your goal?

Here is an example of a wish or dream goal:

I want to be financially secure.

It may sound good, but this goal is not specific enough. Different people may have different definitions of security. How will you know when you are actually financially secure? By when do you want to reach this goal?

This is a SMART goal:

I want to purchase a home for my family with a monthly payment no greater than \$1,300/mo within 18 months.

This goal says exactly what you want to do. It is concrete so that you will know when you've reached it. A Homewise Home Purchase Advisor can help you determine what you are qualified to borrow and help you decide what would be an affordable payment for you. And, you've given yourself a deadline to accomplish it.

Now using some of your dreams or wishes from page 10 practice turning one or two into a SMART goal. After each goal, write a sentence to bring it all together with a specific action plan you can follow. Then identify what your next steps are. What can you do now to work toward your goal and what specific support, tools or information do you need to help you achieve this goal?

Group example:

S _____
M _____
A _____
R _____
T _____

Motivating reminder sentence:

S _____
M _____
A _____
R _____
T _____

Motivating reminder sentence:

S _____
M _____
A _____
R _____
T _____

Motivating reminder sentence:

S _____
M _____
A _____
R _____
T _____

Motivating reminder sentence:

Remember: Every action we take brings us closer to or further from our goals.



"Find a way."

– Diana Nyad
Long-distance swimmer



FITNESS TIP

Make several copies of your goals. Tape a copy to your refrigerator. Post them in other places you see often. Keep a copy in your wallet. Stay on track!