

How can the topics I learned in this section be helpful for me?

Topic	N/A	How this will be helpful to me:
Recognizing positive & negative thoughts/ beliefs about money		
Understanding the relationship between mental health issues & money issues		
Understanding the relationship between addiction & money issues		
Mindfulness & self-care practices		
A basic understanding of poverty, privilege, class, intersectionality, and social justice		
Setting individual financial goals		