

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

<b>Topic</b>	<b>N/A</b>	<b>How this will be helpful to me:</b>
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		