

Facilitators can do this activity with participants or move around the room/check in on Break Out Rooms to assist each group. Allow approximately 5 minutes for each person to complete the worksheet.

Example of a completed worksheet:

Life NOW
I live on SSI.
I live in a group home.
I have a checking account with \$16.00 in it.
I don't have any savings.
I don't have a job.
My case manager makes most of my financial decisions.
I get nervous when I think about money.

### **Step 2: What Works & What Doesn't** (5 minutes)

Once both participants are done with their Life Now worksheets, ask them to move on to the space in the Student Guide/Workshop 2 Worksheets to list *What Works and What Doesn't* in their financial lives. Again, allow 5 minutes per person.

Everyone's list of what works and what doesn't will look different. We all have our unique preferences and needs. For example, automatic bill payments work well for some people because knowing their bills are taken care of can reduce anxiety. For others, automatic bill payments may cause anxiety because they prefer to be in control of the situation.

Example of a completed worksheet:

What Works:	What Doesn't Work:
I am careful with my money. I don't lend friends any money. I don't borrow money from friends. I am on time with making my loan payments every month.	When I am manic, sometimes I buy things I can't afford. I don't have anything in savings. I don't have enough money to really do what I want to do.

### **Step 3: Strengths, Gifts & Capacities** (5-7 minutes)

Referring to the Student Guide, ask the participants to fill out the *Strengths, Gifts, & Capacities* worksheet and explain what these terms mean. Strengths are valuable or useful abilities, assets, or qualities, such as being good at math, writing, or public speaking. Gifts are special talents or a