

WORKSHOP 7

Thoughts on Debt

For many of us, debt can be a source of anxiety, fear, shame, and hopelessness. Being in debt can take a toll on our economic well-being, our relationships, and our mental and physical health. This section will provide tools, resources, and most importantly, *hope* for getting out of debt.

Similar to the strengths-centered financial Person-Directed-Planning from Workshop 2, you will create a unique and personalized plan for getting your debt under control that works for you, your own needs, and your current situation.

When you think about debt, what kinds of feelings does this evoke for you?

How would you like to feel about debt? Where would you like to be in one year? In three?