

# Indigenous Peoples' MONEY AND YOUTH



## Caregiver's Guide

### Module 2 - Your Goals and Your Values

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### Why is this important?

The ways we live our lives and utilize our personal resources are directly affected by our goals and values. If young people are to live happy and good lives, they must recognize and understand those things. Throughout their lives, they will face situations and pressures from many sources and, if they are to remain true to their goals and values, they must have a strong commitment to them. This module looks at goals and values and examines forces that come into play which could change or stop them.

### Ways to engage young people and fun things to do:

There has long been a belief in business that having a clear personal five-year plan is necessary because this will direct a person's efforts toward achieving their goals. While young people are not business people, they still need to understand how short—and long-term goals can help keep outside pressures in control. Here are some activities that can help you engage young people in discussions concerning their values and goals:

Think About It



**If you were asked to identify three of your “values” or “beliefs”, how would you answer?**

1. Ask them to identify three of the most important things in life. Once they have done this, discuss with them their reasons for their choice and follow it up with a discussion about factors in life that can challenge or threaten things we hold dear and how we could guard against that threat. Ask them to identify the role that money would play in protecting those important things and how we need to manage our money as a result. Suggest things that occur in their actual lives...for example, a ceremony that needs money or gifting, even whatever we may have. But it still costs us somewhere.

2. Ask the young person to explain what values are and why they are important. Have them explain how those values affect our attitude towards money and how we use it. With this as background, ask them to identify three things that help develop and support those values and three things that could either warp their thinking or negatively affect their behaviour and, therefore, how they spend money. Once again, discuss with them steps that could be taken to guard against that negative possibility.

3. Select some advertising and discuss with the youth how that ad is attempting to affect their thinking and create a need to purchase that product. Ask them to identify other sources of pressure to behave or think a certain way.

### Think About It



**Think about the last time that somebody tried to influence a decision that you made. How long ago was it? Why were they trying to influence your decision? Were they able to influence you in any way?**



4. Use the proverbial half-glass of water question – is it half full or half empty? – and discuss with them their outlook on life and how that affects what they do with their money.
5. Review the following online video with the young person and discuss it with them afterwards - <https://study.com/academy/lesson/influences-on-consumer-buying-decisions-cultures-values-more.html>
6. Ask them to remember a time when they felt most satisfied or rewarded and have them explain why. Discuss with them what that says about them as a person. Once this has been clarified ask them to explain how this might affect how they handle money.



## Additional Background and Related Websites and Resources:

- Are You Living Your Life in Accordance With Your Values? <https://www.psychologytoday.com/ca/blog/the-power-prime/201205/personal-growth-your-values-your-life>
- How to Set Effective Goals for Personal Growth - <https://youtu.be/bziXNEAPzIE?si=Jlfp5eP8HdhcTDf6>
- Personal Values and Decision-Making - <https://www.decision-making-confidence.com/personal-values-and-decision-making.html>