

Indigenous Peoples' MONEY AND YOUTH



Caregiver's Guide

Module 3 - Your Goals: Some Thing to Consider

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Why is this important?

In 1957, Allen Saunders, the writer of the comic strip *Steve Roper*, said, “Life is what happens to us while we are busy making other plans.” This quote was later popularized by John Lennon in his 1980 song *Beautiful Boy*. But what does it really mean? Life is full of unexpected events, and how we respond to these challenges shapes our future. Another common saying, “Things turn out best for those who make the best of how things turn out,” reminds us that we have the power to create positive outcomes, no matter the circumstances.

We are not just passive observers moving from one life event to another. We all have dreams and hopes that give our lives direction and purpose. As caregivers or mentors, it's our responsibility to help those in our care develop their goals and aspirations, guiding them toward meaningful, fulfilling lives. This module will explore key factors to consider when setting goals, providing a path toward satisfaction and achievement.

Ways to engage young people and fun things to do:

How About You?



How do you deal with change? Do you: resist? Ignore? Lead? Adapt? Accept? React? Respond? Or...?

Talking about goal-setting can be a rather formal activity if approached solely as an exercise, so here are a few more relaxed ways of engaging young people in this topic.

1. Ask the young person to imagine that they are living in a different time or place without access to the same things and ask them how they think their life would be different. With this as a backdrop, ask them what they would have as life goals in that situation. Now ask them to compare those goals with the ones they have actually set for themselves.
2. Talk about *a traditional or cultural story that is important to you*, and ask them if they can relate and to explain how their handling of money supports their answer.
3. Ask them to imagine that they are now 28 years old. Ask them to describe what they would like their situation to be, including lifestyle. Once this has been done, ask them to explain those things which they are now doing, including handling money, in order to achieve that goal.
4. Ask them how old they will be when they retire or stop working. Have them explain what they will need to do to have that happen.
5. When discussing goals, ask them if they have developed S.M.A.R.T. goals—see <https://www.smartsheet.com/blog/essential-guide-writing-smart-goals> for an explanation.
6. Ask the youth to outline their long-term goals. With this in mind, ask them to outline some things that could happen to interfere with those goals and what they might have to do as a result.
7. Ask what they hope to accomplish in the next six months and then in the next 10 years, and then have a talk about the importance of short-term and long-term goals and what they would do concerning any financial issues associated with those goals.

8. Below are some examples of successful Indigenous leaders. Discuss the journey these people took and what it means for Indigenous peoples that they were able to achieve such great successes.

Reflections



Successful Indigenous Leaders:

Chief Clarence Louie, Kelowna, British Columbia



Chief Clarence Louie has served as the Chief of the Osoyoos Indian Band for over 36 years, making him one of Canada's longest-serving chiefs since his election in 1984. A sought-after speaker and successful entrepreneur, he emphasizes economic development as a means to improve living standards in First Nations communities. Chief Louie is renowned for his focus on economic and business independence to strengthen his community.

Premier Wab Kinew, Manitoba

Premier Wab Kinew, the 25th premier of Manitoba, was first elected as the MLA for Fort Rouge in 2016 and became party leader in 2017. He hails from the Onigaming First Nation in northwestern Ontario and is the son of Dr. Tobasonakwut Kinew and Dr. Kathi Kinew. Before politics, Kinew worked as a broadcaster and a university administrator. He holds a BA in Economics from the University of Manitoba and a Master's in Indigenous Governance. Kinew is a bestselling author, an honorary witness of the Truth and Reconciliation Commission, and a dedicated father of three and husband to his wife Lisa, a doctor.



Ashley Callingbull, Alberta



Ashley Callingbull made history in 2015 as the first Canadian and First Nations woman to be crowned Mrs. Universe. Using her platform, she became a vocal advocate for Indigenous issues, bringing attention to missing and murdered Indigenous women during the federal election. She shares her story of overcoming childhood abuse through Cree culture, offering hope to others facing similar challenges. Deeply rooted in her culture, Ashley has helped break down stereotypes about Indigenous peoples.

Additional Background and Related Websites and Resources:

- S.M.A.R.T. Goals - <https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>
- 6 Goal Setting Factors You Need to Understand - <https://www.coachingpositiveperformance.com/6-goal-setting-factors-you-need-to-understand/>
- How to Stop Holding Yourself Back, Simon Sinek - <https://youtu.be/W05FYkqv7hM?si=U-NRTTI0fDFyORny>
- The Ant and the Grasshopper - <http://www.longlongtimeago.com/once-upon-a-time/fables/from-aesop/the-ant-and-the-grasshopper/>
- 5 Financial Stages Life - <https://www.readersdigest.ca/home-garden/money/5-financial-stages-life/>