

WEEK 1, DAY 5

Connecting with others

ACTION PLAN

Today is an opportunity to use your new skills to think about and design your future.

It's easy for one day to become a week, a month, a year and to make no changes to how things are. So today's activity is designed to help you get there!

Your action plan is to write a letter to your future self. Where do you want to see yourself and your money situation in 2 years / 1 year / 6 months? What will have changed in your attitude and thinking around money? And what help will you need to ask for to get there?

You can write this letter in a way that works for you, but there's a great website that can help you get it in the future. To actually get an email from your future self, go to futureme.org

There you can write an email and arrange to send it to yourself at a specific date in the future, when you'll receive it in your inbox.

We've done a sample letter as a guide. Do it in whatever style you want, the most important thing is to have a go!

SAMPLE LETTER

Dear _____

Well done on joining Be the Boss, getting on top of your money for good!

Changing your thinking, having tough conversations, connecting with people who can help isn't easy – but you did it and you did a great job.

I'm especially proud that you reached out for help to _____.

Doing that showed you _____.

Consider and remember the benefits of reflection and seeing opportunities that come your way to learn and grow.

You've got this. You've got what it takes.

LOVE FROM ME!



Reflect

What surprised you as you wrote to your future self?



Respond

We would love to know how you went with this activity? Our Facebook group (Be The Boss Online Course) is a safe and welcoming space to share what you wrote to your future self and who you are going to ask for help.

Of course, if you would like to have a confidential conversation about your money, our Moneycare staff would love to help!



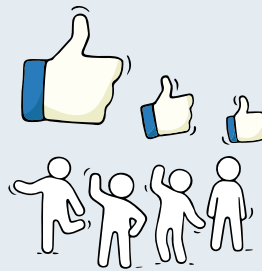
Remember

Starting the change journey is difficult, but worth it!

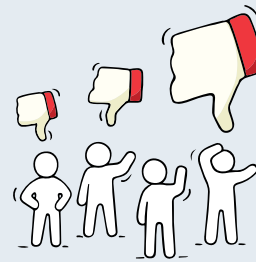
"If we are to better the future we must disturb the present"
- Catherine Booth

"A journey of a thousand miles begins with a single step"
- Lao Tzu

WHO WANTS CHANGE?



WHO WANTS TO CHANGE?



Go deeper

Carol Dweck TED Talk:

[ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)