

# Financial Well-Being

## Pre-Session Work-NID Pastor's Conference

Hello, I am looking forward to meeting all of you as we focus on financial well-being at the NID Pastor's Conference.

In order to be prepared for the interactive sessions, I have put together three simple tasks for you to complete prior to attending. If you have any questions please feel free to contact me at any time.

Blessings,

*Karen*

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### **Task #1:**

What did you learn about money growing up? Are you focused more on living the life you want now or in the future? Do you keep track of every cent, or if there's money in the account are you good?

Many people have opposite money beliefs, even those raised in the same family. When people have the same dreams and financial goals, they may still make money decisions in very different ways.

Before we meet I would like you to take some time thinking about the answer to this question:

***What is your first memory of money? This may sound like a quick answer but I want you to really think about the earliest memory you can recall. Try these memory nudges for help:***

- Any habits or historical facts relating to money in your past?
  - Arguments or discussions about money?
  - First purchase?
  - How was money talked about? Or was it taboo?
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## Task #2:

Please take the following Financial Well-Being Scale by clicking on the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=nqtettjcNkO9mXt0HkiiKH5YmfVysDdLjhrddOZdPDRUN0lyQVowNVZXTVhSMIVFVlIGMUU4TEJLRS4u>

Please note your answers will not be shared and all information remains private.

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## Task #3:

Please take the time to choose two Bible verses that you can relate to about money. You will be sharing these with peers.

And...just because...

- How many times is money mentioned in the Bible?
- Where in the Bible is Retirement mentioned?

Thank you for taking the time to prepare. We will have an engaging and interactive discussion all about money and how it relates to our health and wellness. And in case you missed it...there is no such thing as a wrong money belief or a bad belief...just what we believe. Everyone is unique and different. When it comes to money, it is the same. It is personal....everyone's values, situation and well-being is dependent on their own beliefs. Blessings on your journey and I will see you in Chicago!

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