

FIND BREATHING ROOM WITH YOUR \$

#adulting



Journeyer's Workbook

Session 7

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**BREATHING
ROOM** WITH
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Session 7

The Eternal Sunshine of the Mutual Dream

#relationshipgoals

Have you ever seen an archer loose an arrow without a target? Probably not. Because it makes no sense. They need something to aim at. Likewise, you shouldn't go creating Breathing Room in your quiver without some goals in the distance. Thus ends the medieval-sounding part of this experience.

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SECTION 1: GETTING STARTED (20 MINS)

GROUP DISCUSSION

Section Description: Let's review our progress since the last session. Then we'll jump into an icebreaker, and read and reflect on Scripture as well.

Work From Home Check-In:

How have you made progress on a Flex Fund?

Ice-ice-breaker:

What is the one goal or dream you've already accomplished that you're most proud of? (personal, financial, spiritual, relational, or really anything that comes to mind).

What're some dreams or bucket list goals you have for the future?

Scripture Discussion:

Proverbs 21:5 ESV

**The plans of the diligent lead surely to abundance,
but everyone who is hasty comes only to poverty.**

Discussion Question:

When do you see yourself showing patience and planning most effectively in your life? When do you see yourself being hasty?

God's Money Story

God's Money story is simple. Everything is a gift from God and Christians are called to be good stewards of those gifts. We'll continue to reflect on "What does this mean for me?"

SECTION 2: WORKING ON OUR CORE (15 MINUTES)

GROUP VIDEO LESSON | GROUP DISCUSSION

Section Description: We're going to dive deep into our core beliefs. The beliefs that determine our actions but aren't things we examine very often. Take a moment to consider the video and accept the invitation to reflect on how your beliefs are in line with your actions.

<http://bit.ly/br-seventeen>



Discussion Questions:

1. What is a habit you've established that benefits you a little at a time without having to think about it?
2. Is there a time you've benefited from forming a core belief?

SECTION 3: SOMEWHERE OVER THE RAINBOW (10 MINS)

GROUP ACTIVITY | DISCUSSION

Section Description: Tomatoes are red. Skies are blue. The dreams you dare to dream really do come true. An effective stress-reducing strategy is having a plan in place to reach your financial goals. We're not going to address just any ol' goal though. We're going to aim for some hopes and dreams.

Let's be real, a bucket list usually consists of things you want to do before you die. But that's a little morbid for this experience. So in this session, let's redefine a bucket list as a list of goals you want to accomplish to enhance your long-lasting life. Think about what you want do. Pay off debt? Travel around Europe? Buy a house? Learn another language? Get First Aid certified? Start your own business? (Maybe write them down and put them in a bucket so we can feel better about this metaphor.) Whatever your goals are, there's a why behind them. Go through this activity to see how closely your bucket list aligns with your values.

Identify your Values:

What are values?

Values are freely chosen.

Values are active, not static.

Values are guides rather than constraints.

More than one value can be held at the same time.

A value is something you can use.

Values allow you to move closer to the way you want to live your life.

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Scope out the values below and do this:

1. Reflect on how you live your life and circle the 10 values below that resonate with you the most. Add anything not listed in the spaces provided. Or wherever you wish.
2. Place an asterisk, or a star, or a heart by the three values you personally consider most important.

Achievement	Fame	Friendship
Economic security	Love	Personal
development		
Integrity	Structure	Variety
Advancement	Family	Fun
Environment	Loyalty	Pleasure
Intellectual challenge	Teamwork	Wealth
Spirituality	Autonomy	Competence
Adventure	Financial security	Generosity
Excitement	Nature	Power
Job security stability	Tradition	Wisdom
Affection	Balance	Competition
Faith	Freedom	Health
Justice	Order	Predictability
Status/prestige	Trust	_____
Artistic expression	Challange	_____
Contribution to society	Creativity	_____
Helping others	Independence	_____
Recognition	Responsibility	_____
Cooperation	Diversity	_____
Honesty	Influence	_____
Respect	Risk-taking	_____

Discussion Questions:

1. What is one of your top three values and why is it important to you?
2. What values were hard to leave out of your top three?

SECTION 4: WHY, OH WHY, CAN'T I? (10 MINS)

COUPLE BREAKOUT | ACTIVITY | DISCUSSION

Section Description: Now that you've identified your values, it's time to get back together with your spouse to discuss and choose a goal to work toward together. Let's make a gameplan.

Luke 14:28-30

Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, "This person began to build and wasn't able to finish."

1. Partner up with your spouse and compare your individual values.
2. Make a list of 5 to 10 shared goals, noting what value(s) each goal relates to.
3. Rank them from 1 to 10, 1 being your top priority, 10 being your 10th top priority. Write down how many years from now you'd like to accomplish each.

YOUR MONEY STORY

Look within to align your values and spending needs with God's Money Story. That way you can create your own money story informed by your faith, heart, and habits.

SECTION 5: LIVE WITHOUT REGRET (15 MINS)

GROUP VIDEO LESSON | GROUP DISCUSSION

Section Description: We spend so much time imagining the agony of looking back on life filled with regret. How do we get away from this headspace? How do we create a plan we can believe in?

<http://bit.ly/br-eighteen>



Discussion Questions:

1. What do you feel when you hear the word "savings"? Is it simple or complicated? Is it exciting or boring? Is it short-term or long-term?
2. How does your picture of "savings" align or not align with your values?

SECTION 6: RUBBER, MEET ROAD (10 MINUTES)

COUPLE BREAKOUT | ACTIVITY

Section Description: You can name the goal, talk about the goal, get excited about the goal, dream about the goal, feed the goal, send the goal off to college, but eventually you need to do something to make the goal happen.

Most important financial goals require a combination of time and money. How much time and money will your goal require?

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Even if you're not sure about the time and cost, write down an estimate. Later at home, you can further research how to achieve your goal and come up with a more accurate cost and timeline.

Time. When do you want to accomplish the goal you chose? A few months? One year? Five years?

Goal		
Date	# of Years	# of Months
_____ , _____		

Money. How much do you project your goal will cost to accomplish? \$500? \$2,000?

\$ _____

Monthly Savings Goal

Take your expected cost divided by the number of months to achieve your goal. This will give you the amount of money to transfer into savings each month to achieve your goal on the date you identified.

Cost \$\$ _____ / _____ Months =	_____ per month
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SECTION 7: LOOK MA, A SCOREBOARD! (5 MINUTES)

COUPLE BREAKOUT | SCOREBOARD

Section Description: Tracking progress is key to continuing forward. Take a few minutes to capture your commitments to on your personal scoreboard. Don't be afraid to write down what's true right now. The scoreboard shows up each week, so you can continue to improve your numbers and record the latest progress.

You've made it this far. Don't forget to throw yourself a little slack. Cut yourself a bone. Accomplishing goals

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takes time, and time can be a Debbie Downer when it comes to Breathing Room. Remind yourself that you're in this for the long haul and consider a few questions about saving toward your short-term goal:

- Can you afford to automatically transfer your monthly goal from your paycheck to your savings account?
- If not, what can you adjust to make your monthly goal possible? Increase your income through a side hustle, or extend your desired timeline?
- What're the other things competing with you monthly goal? Something you're saving for or paying off?

Now take a step back, reflect on what you've learned so far, and record the amount you're committing to save for your shared goal. Your goal could be a big dream or a small dream. Sensible sensational. And yeah, it's okay if your dream is to pay off debts that block you from pursuing bigger dreams.

Basics	
Take Home Pay \$ ____ /month	Your Breathing Room \$ ____ /month
Your 20% Invest/Save % _____	
 Session 5 Housing Allotment	Gap \$ / month \$ ____ /month
Savings	
Session 6 Flex Fund	\$ ____ /month
Session 7 Short-Term Goal	\$ ____ /month
Session 8 Long-Term Goal	\$ ____ /month
TOTAL	Current \$ going to Savings / month \$ ____ /month
	Current % going to Savings % _____

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RECOMMENDATION:

If you're ready to get rolling:

Open up or designate an existing account for your shared goal. You can do this from a sideways position on your couch because mobile banking is awesome. Take out your phone, open a banking app, and transfer that dough into your chosen account.

Don't have a banking app on your phone? We'd recommend taking a technological leap in your life and downloading it now. Or log into your bank's website and access your account like this is 2004.

Have no idea where your monthly savings will come from yet? Check out the Round Up Challenge in your Work From Home assignment.

SECTION 8: GOING HOME GRATEFUL (5 MINS)

GROUP DISCUSSION | GOODBYE

Section Description: Hey, this is hard stuff to work through. If you're feeling a little bogged down, it always helps to step back and be grateful for you what have. Always.

Warning: Trying to combine forces and set goals together could cause some friction in your relationship. Goal-setting can land you and your partner in different places. Some people are aggro goal-setters while others feel intimidated by the subject. But figuring this out together can also unlock amazing energy. Share with the group what your shared goal is and what steps you plan on taking this week. Do you have plans to get creative in reaching your goal? If so, what are they, specifically? And can they be easily replicated? Asking for a friend.

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Financial Resolutions

Work From Home Materials

WORK FROM HOME

Keep the convo going at home. If you completed all the activities from this week, just have a chat about your next steps. Shared goals are important to identify and strive for together. You'll each have your own separate goals, of course, but there are plenty of areas where alignment is key. Write some things down to solidify your thoughts on goals. As usual, be intentional. Make some time for this and enjoy the conversation.

Coach Tip: The Journey of a Thrivent Member

<http://bit.ly/wfh-members-journey>



If you have questions after a session or during your work from home, we have a team of coaches - advocates for you and your journey - who can answer questions via phone or email. Please don't hesitate. We know that in this journey we all can get snagged on little things. If we just had a coach we could reach out to, we could push past.

Call: 888-834-7431

Email: Welcome@Thrivent.com

Recommended questions for a coach

- What does being a member do?
- Is a "journey" basically paying each month for something?

EXTRA CREDIT

1. See the power of compounding interest

Section description: The APY (which stands for annual percentage yield, which is more commonly known as interest rate) on your savings account can make a huge difference on the future value of your savings. The higher, the better. Let's see how yours stacks up against industry benchmarks.

Smart Asset Savings Calculator: <http://bit.ly/wfh-seven-calculator>



2. How to set and keep financial goals

Setting Financial Resolutions from Brightpeak: <http://bit.ly/wfh-seven-resolutions>



Set yourself up with goals that speak to your values

Hot take: hope is a wonderful thing, except when it comes to achieving your goals. It's hard to create the kind of life you imagine by waking up every day hoping everything will somehow work out. The somehow is pretty important. While no one loves doing the work, we all love thinking about the results of achieving a goal. But to see those results, we gotta plumb our pipe dreams.

Part of the problem is we don't always set the right goals. We don't mean the classic pitfall of vaguery (that's a noun we made up for setting vague goals). Though while we're here, we recommend setting SMART goals (Specific, Measurable, Attainable, Realistic, Timely). We mean setting goals that aren't right for you. Goals that don't line up with your values and vision for your life.

1. What's my long-term vision?

Where do you hope to be in 5 years, 10 years, and beyond? What do you want your life to look like when you discover your first gray hair? What kind of financial position do you want to be in? Goals beget goals. You can't set good short-term goals without considering your long-term ones first.

2. Why do I want those things?

Dig deep and ask yourself why. Why does your vision for life include the things that it does. Like moving to a different home, crawling out of debt, achieving financial security, or retiring in a beach town. When you think about the why behind your vision, you might discover you can modify your vision and still achieve the

results you're looking for. You'll also feel more motivated to work for your goals because you'll understand why the things that matter to you, matter to you.

3. What can I do in the next year to help me work toward that vision?

Once you set the right kind of goals (again, we kindly suggest a SMART approach), consider what needs to happen in the next year for your long-term vision to come into greater focus. Saving up for a trip to Europe this year sounds magnifico, but if it detracts from your vision to send your kid to private school for kindergarten, maybe you should rethink things. The good news is that when you set the right kind of goals – goals that align with your vision and values – it's way, way easier to stay committed to the work it takes to make them happen.

Pursuing your goals takes some thought and effort. Sometimes, it even takes major sacrifices. But if your vision for your lives matters enough to you, it's all worth it, baby.

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