

FIND BREATHING ROOM WITH YOUR \$

#adulting



Guide's Workbook

Session 7

FIND
**BREATHING
ROOM** WITH
YOUR **\$**
#adulting

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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Materials Needed:

- Extra pens or pencils for participants who don't have one
- Participant Workbooks (includes Work From Home assignments)
- Ground Rules of Engagement sheet
- TV, Laptop, or iPad/tablet screen to play video links

Session 7 At A Glance

- | | |
|---|--|
| <input type="checkbox"/> Check in with the group on Flex Fund | <input type="checkbox"/> Couple breakout activity: Rubber, Meet Road |
| <input type="checkbox"/> Play Video 1: Working on Core | <input type="checkbox"/> Scoreboard |
| <input type="checkbox"/> Group Discussion | <input type="checkbox"/> Going Home Grateful |
| <input type="checkbox"/> Couple Breakout Activity: Somewhere Over the Rainbow | <input type="checkbox"/> Work From Home Assignment |
| <input type="checkbox"/> Group Discussion | |

SECTION 1: GETTING STARTED (20 MINS)

GROUP DISCUSSION

Facilitator Notes: This session will work through shared goals in the short and medium term for couples. Get things started with a reminder of the Ground Rules for Engagement and some good discussion questions. Has the group found success starting their flex funds?

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

Facilitator Notes: This video talks about aligning a core belief with a habit you're trying to start, and in order to do that we need to step back and intentionally identify our core beliefs.

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>



Dishonest money dwindles away,
but whoever gathers money little by little makes it grow.

That is Proverbs 13:11. This is a strong verse because it gets to a core belief. There are core beliefs we need to have in order to sustain our motivation for saving. Without this belief, it will be incredibly difficult to sustain motivation. Saving just won't be a habit unless it's in line with a core belief.

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Because we can talk about savings instruments - like money markets and IRA's and 401ks. But before we can use these instruments, we need to do a gut check. At the level of belief, the question this Proverb puts in front of each of us is: Do you believe little-by-little will make a difference?

In other words, unless you believe that every cent and every dollar matters - and that eventually it all adds up - it will be hard to save money. Beliefs matter, big time, and our actions reveal our beliefs.

We already know it's true. Math, accounting - playing with a calculator for a few minutes - shows us that little by little, it starts to add up. Always good to base our beliefs on things that are true.

Sometimes our beliefs are unexamined. We get into certain habits, which sometimes work in our favor - and sometimes they don't. Either way, we all benefit from moments where we can take a step back, gain a little perspective, and ask ourselves what we truly believe. Examine if we are living in line with what we believe and what is important to us.

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

Facilitator Notes: As an entire group, this activity will help take an initial stab at prioritizing some core values. This is a light beginning to that journey, so encourage people to not get too stressed where they're struggling to make decisions.

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.

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 development	Love	Personal
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	Challenge	_____
Contribution to society	Creativity	_____
Helping others	Independence	_____
Recognition	Responsibility	_____

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Cooperation

Honesty

Respect

Diversity

Influence

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

Facilitator Notes: The output of this activity should have couples with a prioritized list of 5-10 shared goals that they can match to a value or two that they just identified. Again, it'll be good to remind them that this is their list and they can keep tweaking it as much as they like

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.

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Goal	Values	Rank	# of years?

4. Choose one goal to work on together.
5. Write down your chosen bucket list goal and what year you'd like to accomplish it

Goal	When
	_____ , _____

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

Facilitator Notes: This video lesson will talk through creating short-term savings plans that will move couples toward each of the goals they've identified.

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>



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

I once heard someone say that as people get into their later years of life, there is a transition in how they look at regret. Later in life, we tend to regret the things we didn't do versus the things we did do. For instance, we are more likely to regret not taking a healthy risk or not trying something new or not acting on an opportunity or traveling or not having courageous conversations. And I find this really helpful for how we think about decisions in our early years.

I bring up regret because in this session we are talking about short-term savings. This is savings that goes beyond emergencies - and it's savings that is not set aside for retirement. This is savings that is for a bigger item down the road - such as a car or appliance upgrades or a home remodel or some other kind of adventure. Actually, it's completely up to you.

In fact, we may not know exactly what we're saving for - we just know something is likely to come up. And

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there is the option of transferring this savings into retirement, or pay down debt faster. It creates options. At some point, every money conversation comes down to a simple fact - and it's as hard for me to say as it will be for you to hear. But the truth is that we can't have everything. There are realities and limitations - which means that the money conversation is a conversation about sacrifices and intentional choices. And it starts with the courage to define our values, what's important to us, and to align our plans and resources accordingly.

So, in this session, we're talking about a side pile. A separate fund. The presence of which makes us feel free. It makes us feel free because it gives us more options. More options than what we would have without it.

A healthy, short-term savings account also creates options with work and career. We may be more courageous at work - and even stand up for what's right - if we knew we had a safety net. In fact, it's not that far-fetched to see that a healthy savings account can help you enjoy your work more, which may make you a more productive teammate. It can give us time to transition out of a job that isn't a good fit.

So I close with an invitation. The invitation is to consider the presence of savings - will you or will you not regret establishing a short term savings? And how does or doesn't it help you live in line with your values?

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

Facilitator Notes: Couples will need to be able to identify and prioritize shared goals throughout their entire relationship, but let's start with narrowing down to just one. Then make a plan to save for it. This activity will help them bring one shared goal to life.

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

Facilitator Notes: Scoreboard time! What's the monthly commitment they've made toward their short-term savings goal? Have they made any changes to previous parts of the 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


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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 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

Facilitator Notes: There's nothing like having gratitude. Send everyone home with one last nugget.

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.

GUIDE EXPERIENCE CHECK-IN: POST SESSION 7

Debrief on the drive home

Shared goals are powerful. Great choices can be made when anchored together on a goal. Good options

that aren't in line with the goal can be clearly dismissed rather than causing distraction or conflict. A life together can author quite the story around goals shared, diverging, achieved, failed, intentional, or unintentional. Let's dig into your story:

Share

1. When have you been anchored well in a shared goal or a set of shared goals as a couple?
2. When have you had conflict because of diverging goals? What were the ramifications?
3. What's a goal that was emerging during the discussions of this session? Is it a past goal or is a future goal? Does it need more discussion?

As you reflect, remember the stories and don't be afraid to share them with your group. There's nothing like a good story to learn from.



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Session 7

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

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Work From Home Assignments

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.

Email or Text Reminder to Keep Them Hooked

Facilitator Notes: After each group session (within 2 days or so), send an email or text to your group to keep them engaged. A couple of things you can follow up on:

- A quick thank you for their participation this week
- Encourage them to keep working on their Work From Home and Extra Credit
- Remind them about the details of next session

NOTES