

IO3: Financial Literacy Training for Parents

Activity M4.7– Managing Emotions Associated with Money

Your Strengths and Weaknesses

In order for us to be able to grow as individuals and regulate our emotions, especially around finances, we can think about our own strengths and weaknesses.

By identifying our own weaknesses, we can reflect on how we might be able to change them into strengths. Also by recognising our strengths, we will be able to continuously work on developing and improving them so that they do not turn into weaknesses.

My strengths are:	My weaknesses are:
1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____