



PARENT REFLECTIONS

MILSPOUSE MONEY MISSION

Improving your household's financial well-being is a family affair. Before teaching your children about personal finance, you may find it helpful to take some time to reflect on your past money successes, missteps and lessons learned. What would you like your children to learn? Complete the reflection below, and use it as a discussion starter!

GREAT THINGS I DID WITH MY MONEY	THINGS I WISH I HAD DONE WITH MY MONEY	LESSONS LEARNED FROM MONEY DECISIONS

SET S.M.A.R.T. GOALS FOR CHANGE

List up to four financial habits or behaviors you want to establish or change. Remember, your goals should be Specific, Measurable, Attainable, Relevant, and Time-bound.

Areas of Improvement:

1. _____

2. _____

3. _____

4. _____

Specific S.M.A.R.T. Goals and Other Notes:

ACTION PLAN

List three actions you will commit to doing in the next 30 days.

1. _____

2. _____

3. _____

Other Ideas and Goals:

Resources to Try:

CHAT IT UP!

List three communication tips you want to try with your family.

1. _____

2. _____

3. _____

Other Communication Tips or Goals:
