

MONEY MANAGEMENT WORKSHOPS: ASSETS

Presented by



CHESTERMERE

What is an Asset?



Please complete the accompanying worksheet (labeled Assets PM) as you go through the slideshow. The headers in this slideshow correspond to the sections in the worksheet.



CHESTERMERE

What is a Asset?

Asset: Useful or valuable quality, person, thing, advantage, or resource.

- Some assets, such as a house or money, are tangible, which means they can be touched and easily counted.
- Other assets, such as being motivated or knowing how to speak a second language, are more difficult to measure. You have both kinds of assets.



Five Asset Areas

Page 1

1. Human Assets
2. Personal Assets
3. Social Assets
4. Physical Assets
5. Financial Assets



CHESTERMERE

Activity

- In the space provided fill out what you want your life to look like in two years.



Human Assets

Pages 4 & 5

- Human assets are the knowledge, skills and abilities that help you live, work and participate in your community.
- Activity: Please fill out skills you can teach others and skills you'd like to learn and how happy you are with your financial assets on the scale.



CHESTERMERE

Personal Assets

Pages 6 & 7

- Personal assets are the qualities that may affect your ability to get and keep a job, do well in school, build your social connections and more!
- Activity: Please fill out what personal assets you think you have and how happy you are with your financial assets on the scale.



CHESTERMERE

Social Assets

Pages 8 & 9

- Social assets are the relationships you have with people who can help you reach your goals.
- Activity: Please fill out the circle based on current relationships you have and how happy you are with your social assets on the scale.



CHESTERMERE

Physical Assets

Pages 10 & 11

- Physical assets include the basic things you need to live every day, like goods, services and information.
- Activity: Please fill out what physical assets you have and how happy you are with your physical assets on the scale.



CHESTERMERE

Financial Assets

Pages 12 & 13

- Financial assets help you get the physical things you need and want.
- Activity: Please fill out what financial assets you have and how happy you are with your financial assets on the scale.



CHESTERMERE

Connecting Your Assets

Pages 14-16

- Assets are interconnected. The assets you have in one area can affect the other asset areas too. Sometimes by focusing on one asset area, you can also build your assets in another area.
- Activity: On the shape provided, shade in your rating for each asset area to compare how happy you are with each. Are there any sections you want to improve?



CHESTERMERE

Resources

Books

- ***The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*** Stephen R. Covey, 2004.
- ***Make Today Count*** John C. Maxwell, 2004.
- ***One Minute Mindfulness*** Donald Altman, 2011.
- ***Positivity*** Barbara L. Fredrickson, 2009.
- ***The Power of Focus*** Jack Canfield, 2000.
- ***The Power of Kindness*** Piero Ferrucci, 2007.

Online

- ***For resources in your area visit your local municipal, provincial and United Way websites.***

CALGARY ONLY:

- ***The benefits Navigator*** www.thebenefitsnavigator.ca



CHESTERMERE

Thank You to Our Funders



UNITED WAY / CHESTERMERE PARTNERSHIP



Developing Productive Futures

