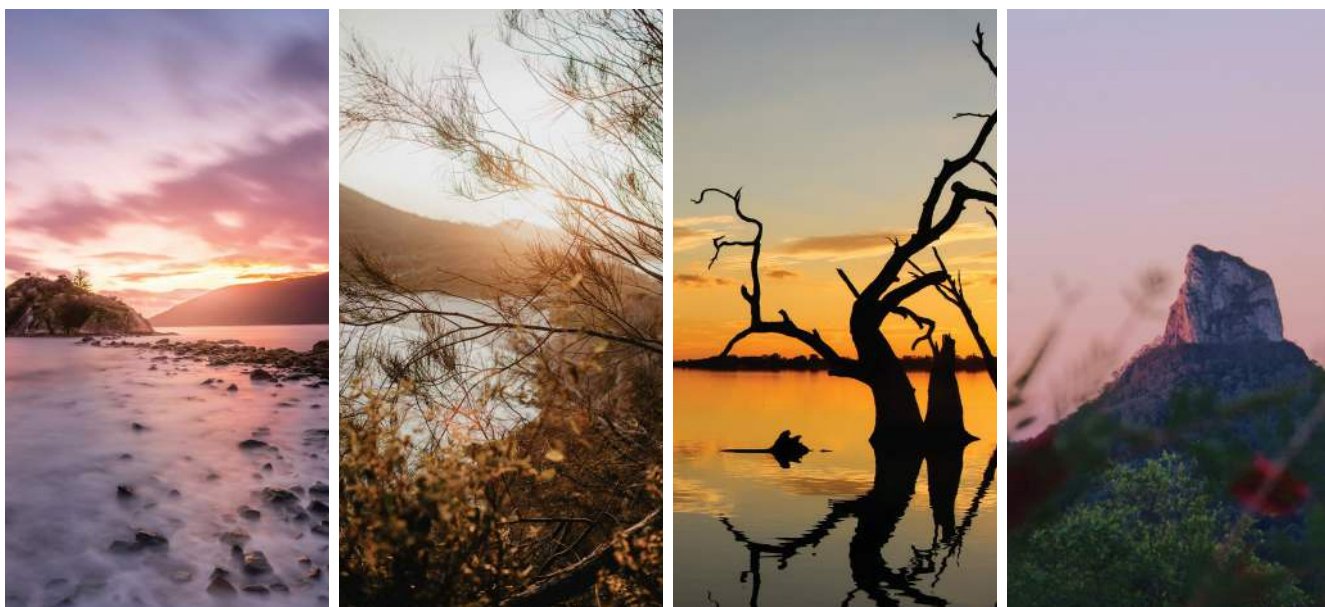


for Mob, by Mob

Financial Fitness

Participant Handbook





Acknowledgement of Country

We acknowledge Traditional Custodians and Nations across the continent and pay our respects to Elders past and present. We recognise that connection to Country, culture and community has always supported wellbeing, survival and strength. We also acknowledge that financial systems have historically been used to exclude, control and harm Aboriginal and Torres Strait Islander people and that these impacts continue today.

Financial Fitness

This session focuses on:

- * practical money tools
- * real-life pressures and priorities
- * understanding money systems

Keep in mind this is general information and it's important to reflect on your own circumstances and make your own financial decisions. Everyone's situation is different; this is not about doing money "the right way".

Before We Begin

Some topics may touch on money stress, lack of access, safety or past experiences with financial systems. Access to and experience with money has not been the same for everyone.

Right now, I feel:

- settled
- okay
- tense
- overwhelmed

You can pause, step out or access support at any time.

Reflection:

- * What role did money play in your life growing up?
- * Was money talked about openly or not at all?
- * What did you learn about money without anyone teaching you?

Money & Real Life

Money sits alongside family, housing, work, caring roles and history.

How we relate to money is shaped by experience, not character.

What role does money play in your life right now?

What experiences have shaped how you deal with money?

Money Priorities

Our money priorities are often shaped by necessity rather than choice.
Common priorities include:

- * housing
- * food
- * transport
- * family / others
- * debt
- * health or care
- * personal needs
- * other: _____

Which of these feel non-negotiable right now?

Needs vs Wants

Needs (right now):

Wants (now or later):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wants & Savings Calculator

Weekly	Monthly	Yearly
\$50	\$217	\$2600
\$60	\$260	\$3120
\$70	\$303	\$3640
\$80	\$347	\$4160
\$90	\$390	\$4680
\$100	\$433	\$5200
\$110	\$477	\$5720
\$120	\$520	\$6240

Smart Spending

Think about the things you've spent money on in the last week and fill in the table below.

Tip: Use your internet banking app to help you see what you've spent.

Category (need or want):	What I spent:	Expected? (Y/N)

Did anything surprise you?

Notes:

Budgeting

Budgeting is like giving your money a map to follow. It helps you to take control of your spending, saving and reaching your financial goals.

My Current Money System

Money coming in:

Regular income

Irregular income

Support payments

Money going out:

Needs

Wants

Other commitments, savings or "what if" fund (if any)

Notes:

Common Words & Meanings

Lets break down some key money words.

Income: Money that you earn or are paid. Examples: Wages, Salary, Centrelink, Side jobs, Business income or child support.

Expense: Something you need to use your money to pay for. Examples: Rent, Food, Bills, Petrol, Streaming, Education.

Budget: A plan for where your money goes- what comes in, what goes out and what's left.

Gross Income: The full amount you earn before tax deductions.

Net Income: What actually goes into your bank account.

Remuneration: A formal word for your total pay - can include wages, super, bonuses, salary sacrifice or other benefits.

Direct Debit: When you give a business permission to take money straight from your bank account on a set date.

Notes:

Student Savings



Meet Kirra!

Kirra is 19 years old and has just started her first year of university, studying Nursing. She works 20-hours a week at a grocery store and currently lives on campus, as her family live in rural Queensland.

Activity: When Kirra breaks down her budget in a weekly, monthly and annual budget, (refer to the hand-out '**Student Savings**'), it is clear that she is overspending in some areas and is currently sitting at -\$303 per week.

What would you suggest to Kirra to get her back into the positive?

Understanding Credit Schemes

What is mainstream lending?

Mainstream lending is when you receive credit from a bank or regulated finance company. The biggest difference is that a mainstream lender is legally required to do a credit check and meet regulatory obligations before lending, which means they will ask a number of questions.

What is gammon lending?

Gammon lenders and 'fringe credit providers' are organisations that don't ask a lot of questions, for example Buy Now Pay Later (BNPL) schemes. They make it easy to get money, but charge you more money for borrowing from them.

It may sound like they want to help you out, but they make money when your miss payments or can't repay your debt.

- ✳ Instead of using Buy Now Pay Later (BNPL), consider saving up over eight weeks. It's like using BNPL, but you're using your own money. If you don't want to buy the item after eight weeks, chances are it was an impulse buy or something you didn't need.
- ✳ Most utility services have hardship support. DV support or assistance schemes are there to help – don't feel shame, there's always help available.
- ✳ Don't overcommit on payment arrangements.

Remember: Don't feel shame, there's always help available.

Where to get help:

Free Financial Counsellor: 1800 007 007

ndh.org.au

Mob Strong Debt Help: 1800 808 488

financialrights.org.au/getting-help/mob-strong-debt-help

13YARN: 13 92 76 (available 24/7)

Good Shepherd NILS Loans

goodshep.org.au/services/nils

SMART Goals

SPECIFIC	S	What do I want to achieve?	
MEASURABLE	M	How will I know when it is accomplished?	
ACHIEVABLE	A	How can the goal be accomplished?	
RELEVANT	R	Does this seem worthwhile?	
TIMELY	T	When can I accomplish this goal?	

Money Safety & Boundaries

Financial safety includes choice, consent and control.

- I feel able to make my own money decisions
- I feel pressure from others around money
- I feel safe accessing financial services

I know where to get help

- Yes
- No
- Sometimes

Need Help?

✳ 13 YARN: 13 92 76

National crisis support line for Mob feeling overwhelmed or having difficulty coping. Lifeline-trained Crisis Supporters are available 24/7.

✳ Mob Strong Debt Help: 1800 808 488

Free nationwide legal advice and financial counselling service for First Nations people.

✳ National Debt Helpline: 1800 007 007

Trained financial counsellors offering free advice. Live chat available.

✳ Lifeline: 13 11 14

National charity offering personal crisis support & suicide prevention. Available 24/7 via SMS on 0477 131 114 or live chat.

Crisis Support & Financial Crisis

A financial crisis is when money stress becomes urgent and overwhelming and you can't meet basic needs right now.

This might look like:

- * not having money for food, rent, or bills
- * disconnection notices (power, phone, internet)
- * falling behind on rent or repayments
- * unexpected costs (funeral, sorry business, medical needs)
- * losing income suddenly
- * feeling panicked, stuck, or shame about money

Short-term help might include:

- * asking credit providers for hardship support
- * pausing or changing payments
- * accessing emergency relief or vouchers
- * talking to a free financial counsellor

Money stress can impact:

- * sleep
- * mental health
- * parenting
- * safety and relationships

If you feel overwhelmed, unsafe, or at breaking point, support is available.

A financial crisis is not a failure and it often comes from things outside of your control. If you are in a financial crisis right now, you don't have to handle this alone.

Super: Future Money

Super is money your employer puts aside for you while you're working. Even if retirement feels far away, checking your super early protects future you.

Even if:

- * you've worked casually
- * you've had short jobs
- * you've moved around
- * you might still have super

You usually:

- * can't access it right now
- * don't see it in your bank account
- * still own it (it's your money)
- * can choose how your money is invested
- * have insurance included by your provider

Super matters because:

- * it helps support you later in life
- * small amounts add up over time
- * you can lose money if it's forgotten or eaten by fees

To access your superannuation accounts, follow the steps below:

1. Sign into MyGov (www.mygov.go.au) or create an account.
2. Under 'linked service' select 'Australian Taxation Office (ATO).'
3. Once you're in your ATO account, click on super to manage or find your accounts.

My Money Checklist

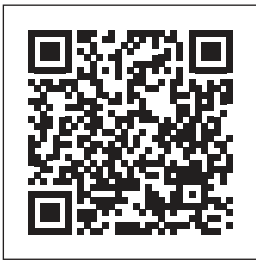
Tick what you know:

- I know how much income I have coming in
- I know my expenses
- I know my money priorities (wants VS needs)
- I know the difference between mainstream and gammon lending
- I know if I've lodged a tax return before
- I know roughly when my last tax return was
- I know where my superannuation is
- I know who to ask for financial help
- I know one next step I could take towards my money goal

You don't have to fix it all at once, knowing where you're at is the first step.

Congratulations on completing your Financial Fitness session!

To continue your learning journey, sign up to our free financial literacy program, **My Money Dream**.



We would love to hear what you thought of Financial Fitness.
Please share your feedback via the QR code:



