Exercises/Activities by Module

Module 1 – My Life Now

1. Mental model of poverty
2. MM of my home floor plan
3. Affordable housing payment threshold
4. Getting Ahead or Just Getting By (wage needed to afford rent)
5. Debt to income Ratio
6. MM of my life now
7. Where time goes

Module 2 – Theory of Change

1. Agency approaches to change
2. Stability scale
3. Theory of change MM
4. Stages of change

Module 3 – Rich/Poor Gap & Research on Causes of Poverty

1. Causes of poverty
2. Identifying Predators
3. Income growth, CEO/worker pay, wealth distribution
4. MM of middle class & wealth
5. My economic class story
6. Community sustainability grid

Module 4 – Hidden Rules of Economic Class

1. Studying the Hidden Rules
2. My Family structure MM
3. Time Management Matrix

Module 5 – The Importance of Language

1. Self-assessment of negotiating skills
2. Planning backwards

Module 6 – Eleven Resources

1. MM of personal social capital
2. Case studies

Module 7 – Self-Assessment of Resources

1. Self-assessment
2. MM of personal resources

Module 8 – Community Assessment

1. Community assessment & Community assessment MM
2. Relationships MM

Module 9 – Building Resources

1. Getting Ahead vs Getting By resources
2. Building resources (Tic-Tac-Toe or Resource development worksheet)

Module 10 – Personal & Community Plans

1. Personal Plan for building resources
2. SMART goals and action plans
3. MM of my future story
4. MM of community prosperity
5. MM of my support team