



Super Satang

Week 51

Super Satang, what's it all about?

- We get to a certain age and are expected to know how to be with our money, yet where and how are we learning this? Money is a vehicle to create a life that you deserve.
- We, as privileged students should have the ability to be smart with our money. Having a lot of money doesn't mean that it will last.
- There are many financial literacy courses but we want to make it accessible and relevant to our community



Understanding Our Relationship with Money: A Dive into Social Media, Money Disorders, and Our Earliest Money Beliefs.



Money is more than numbers and bank accounts. It's deeply connected to our emotions, behaviours, and past experiences.

- How many of you have made a purchase because of something you saw on social media?





Social media isn't just for selfies and memes. It influences our desires and spending patterns.



Click, view, want, buy! Social media's continuous feed makes us feel the need to have things NOW. But is it always the best decision?.

- Think of a time you regretted a purchase you made because of social media.



Money Disorders - Beyond the Spending

- Just like other behaviors, our relationship with money can sometimes be unhealthy.



Compulsive Buying Disorder

It's not just 'shopping too much.' It's an emotional void, a cycle of buying to feel better, then feeling worse because of spending



Money Scripts - Childhood Money Beliefs

Our money beliefs aren't born overnight. They're shaped from childhood by observing those around us.



Reflecting on Our Money Scripts

Think back. What were the money phrases you often heard? 'Money doesn't grow on trees,' 'We can't afford this,' 'Buy whatever makes you happy.'



Why Understanding These Patterns Matters

By understanding our behaviors, triggers, and beliefs, we can make better financial decisions and avoid pitfalls.



Three Key Takeaways

Be Mindful on Social Media: Recognize the influence and always ask, "Do I really need this?" before buying.

Acknowledge & Address Money Disorders: If you feel you're in an unhealthy cycle with money, seek guidance or counseling.

Reflect on Money Scripts: Challenge outdated beliefs and create a new, positive money narrative for yourself.



Challenge for the Week

Limit impulsive buys by waiting 48 hours before purchasing.

Write down one childhood money memory and reflect on its impact today.

Unfollow at least one account on social media that makes you feel the urge to spend unnecessarily.



Key takeaways and Thank You

If you enjoyed this session:

- Follow us on IG (@super.satang) for updates and more

