



G.R.O.W. Together

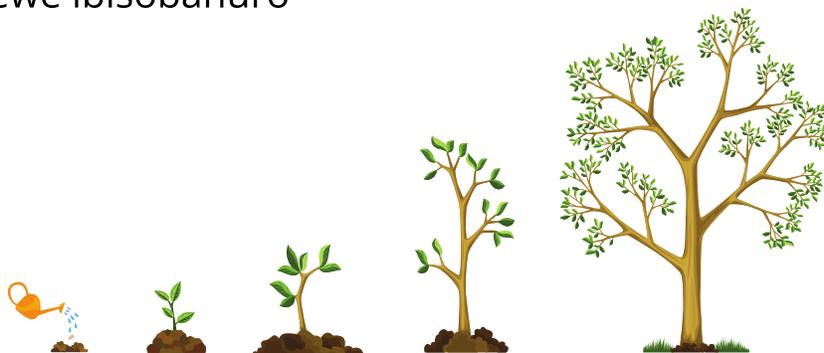
Ikinyamakuru kigenewe kwigisha

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INCAMAKE Y'IKINYAMAKURU KIGENEWE KWIGISHA CYA G.R.O.W.



Ikinyamakuru kigenewe kwigisha cya G.R.O.W. ni umwanya utuma wongera gutekereza ku byo wigira mu mahugurwa yose kugira ngo ubashe gufata icyemezo cy'uburyo bwiza wakoreshamo ubu bumenyi mu buzima bwawe. Iki kinyamakuru kizaguha integuza, ibikorwa, n'ibyifashishwa byo kugufasha gukura mu bumenyi bwawe bw'imibanire n'amarangamutima.

Uzagira amahirwe yo kuzuzanya integuza y'ikinyamakuru ku mpera ya buri saha. Integuza ituma wongera gutekereza ku ngingo y'isaha uko ubyumva. Ikindi, aho ikinyamakuru kigenewe kwigisha kirangirira hari amapaji aho ushobora kwandika ingingo zigushishikaje n'ibyo wasigaranye by'ingenzi.

Ikinyamakuru cyawe kigenewe kwigisha kirebwa nawe gusa. Koresha amahirwe yo kuba umunyakuri igihe usubiza buri nteguza. Isanzurire kugira iki kinyamakuru icyawe bwite ukirimbisha uko ubona bikwiye!



ISOMO RY'IMIBANIRE N'AMARANGAMUTIMA (SEL)

SEL ni iki?

SEL ni uburyo bukoreshwa mu kwiga kandi ukoresha ubwenge, ubumenyi, n'imyitwarire bituma urema ibikuranga biboneye, ugenga amarangamutima kandi ugera ku ntego zawe bwite n'iza rusange, wumva kandi ugaragariza abandi impuhwe, wubaka kandi ugakomeza umubano wo gushyigikirana, kandi ugafata ibyemezo witeguye gusobanura kandi byita ku bandi.

Ibyiza 5 biranga SEL



Kwimenya

Ubushobozi bwo gusobanukirwa amarangamutima, ibitekerezo, n'agaciro n'uko bihindura imyitwarire mu buryo butandukanye.



Kwigenzura

Ubushobozi bwo kuzuzura amarangamutima yawe, ibitekerezo n'imyitwarire mu buryo bukwiye mu bihe bitandukanye no kugera ku ntego n' ibyifuzo.



Gufata ibyemezo witeguye gusobanura

Ubushobozi kwo gukora amahitamo yita ku bandi kandi yubaka yerekeye imyitwarire bwite no gushyigikirana n'abandi mu bihe binyuranye.



Kubaka umubano uhamye

Ubushobozi bwo kubaka no gukomeza umubano uhamye kandi wo gushyigikirana no kumenya uko witwara ahantu hari abantu banyuranye n'amatsinda anyuranye.



Kumenya uburyo bw'imibanire

Ubushobozi bwo gusobanukirwa ibitekerezo by'abandi no kumva umubabaro wabo, harimo abafite amateka, imico, n'imiterere bitandukanye.

Vuga ibintu bitatu byiza wikundaho.



KWIMENYA



Sobanura igihe
amarangamutima yawe yagize
ingaruka ku bikorwa byawe.



KWIMENYA



UMUSOGONGERO KU KWIYITAHO

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Kwiyitaho bidufasha kugenzura amarangamutima yacu n'uko twitwara mu bihe bidutera siteresi, mu byabaye, n'ibintu bitubangamiye. Gukoresha kwiyitaho uko bikwiye bishobora kuzamura urwego rw'ubuzima bwo mu mutwe n'amarangamutima bya buri wese muri twe.

AMOKO YO KWIYITAHO

1) Kwiyitaho bihoraho



Uba usobanukiwe ibirimo kuba kandi ugira icyo ukora kugira ngo ugabanye ingaruka z'ibintu bigutera siteresi. Ubu bwoko bwo kwiyitaho ni bwo bwiza kurusha ubundi.

Ingero

- Imyitozo cyangwa tekunike byo guhumeka bigufasha gutuza (kurwanya umuhangayiko)
- Bara kuva ku 10 kugera kuri 0 ku muvuduko muto
- Gukora siporo



2) Kwiyitaho kugira ibyo kwirengagiza

Wibanda ku kindi gikorwa ugamije gusubika, kwirengagiza, cyangwa kwirinda ikintu cyangwa ikibazo. Ubu bumenyi bushobora kugira akamaro mu kwifasha by'igihe gito, ariko ntibutangwaho inama yo gukoreshwa by'igihe kirekire.

Ingero

- Itandukanye n'ikibazo
- Umva indirimbo ukunda
- Ibikorwa byo gutekereza: amahurizo, amahurizo yo guhuza amagambo, cyangwa ibikorwa by'ubushyamba



3) Kwiyitaho nabi (Bidakwiye)

Witwara ku bintu bigutera siteresi mu buryo bugira ingaruka ku buzima bwawe cyangwa ubw'abandi. Ubu buryo bwo kwiyitaho ntibugirwaho inama yo gukoreshwa kandi bushobora kugira ingaruka.

Ingero

- Imirire mibi
- Kwiheza
- Imyitwarire y'ubushotoranyi



UMUSOGONGERO KU KWIYITAHO

GERAGEZA UBUMENYI BUKURIKIRA BWO KWIYITAHO

Twese turatandukanye kandi tekinike zimwe zishobora gukora kuri wowe izindi ntizikore. Turajya inama yo kugerageza nyinshi no guhitamo izikora neza cyane kuri wowe.

Siga irangi cyangwa ushushanye ikintu ukunda

Gira umukino ukina

Tangira kwiga ikintu gishya

Kora imyitozo yo gutekereza byimbitse

Rya ikintu ukunda

Kora imyitozo cyangwa ugerageze siporo nshya

Koresha tekinike yo gutekereza ku bice by'umubiri wawe

Kora urugendo

Soma ikintu ukunda

Andika uko wiyumva

Kora imyitozo yo guhumeka

Vugisha umuntu wizera

Koresha tekinike yo kuruhura imikaya buhoro buhoro

Kora imyitozo yo kurwanya umuhangayiko



Wiyitaho ute iyo ufite ubwoba cyangwa siteresi?



KWIGENZURA



KWIHA INTEGO NO KUZIGERAHO



INTEGO YANJYE

AGACIRO

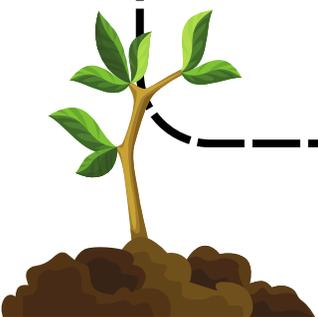
IGIHABWA UMWANYA WA
MBERE

NI IKI NKENEYE GUKORA?

IMBARAGA

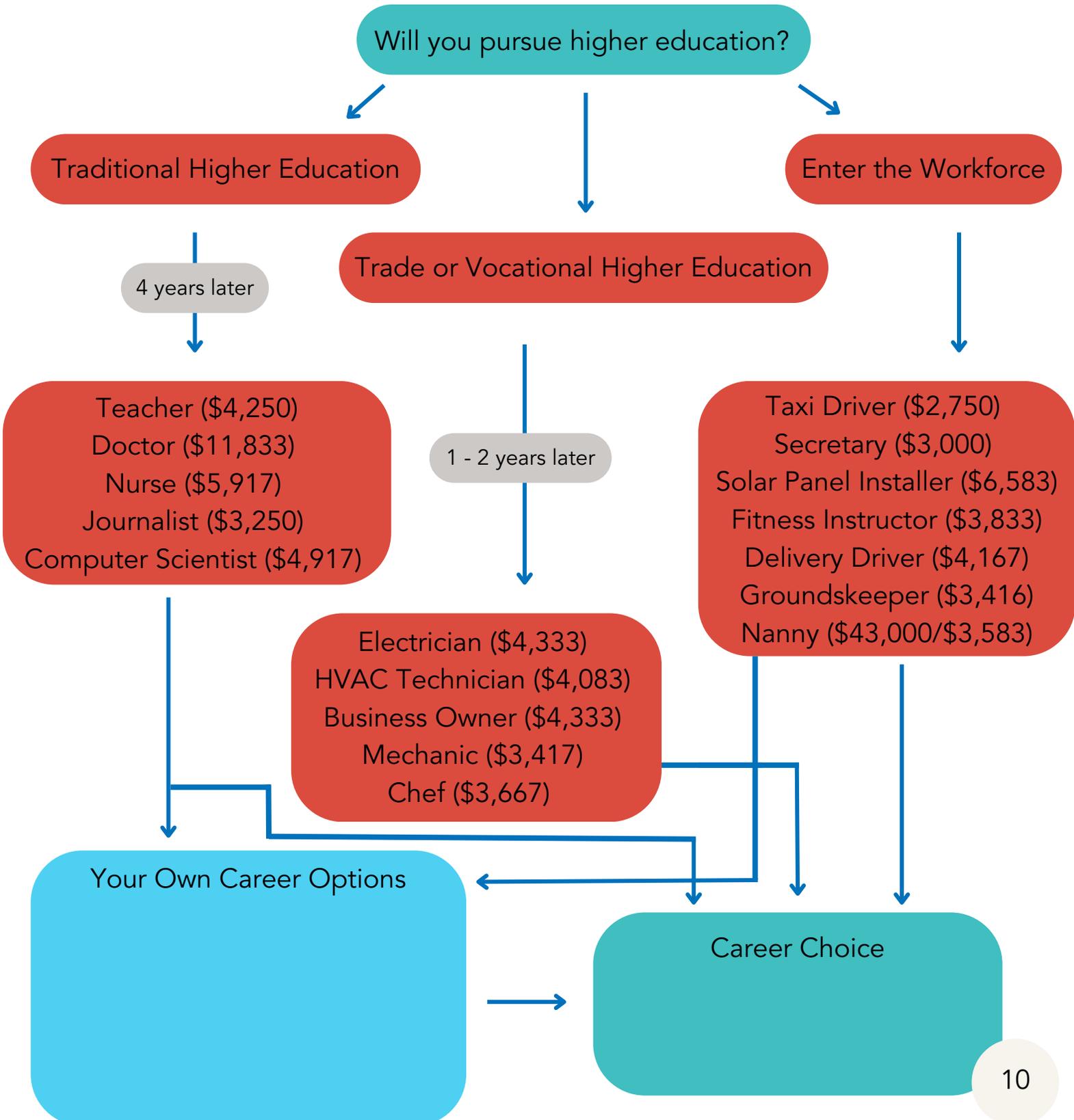
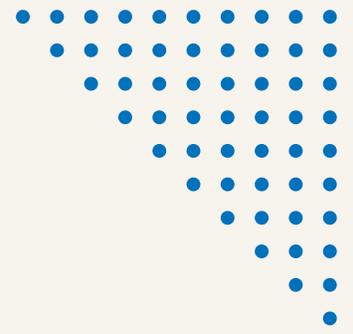
UBUFASHA

GUFATA IBYEMEZO WITEGUYE GUSOBANURA

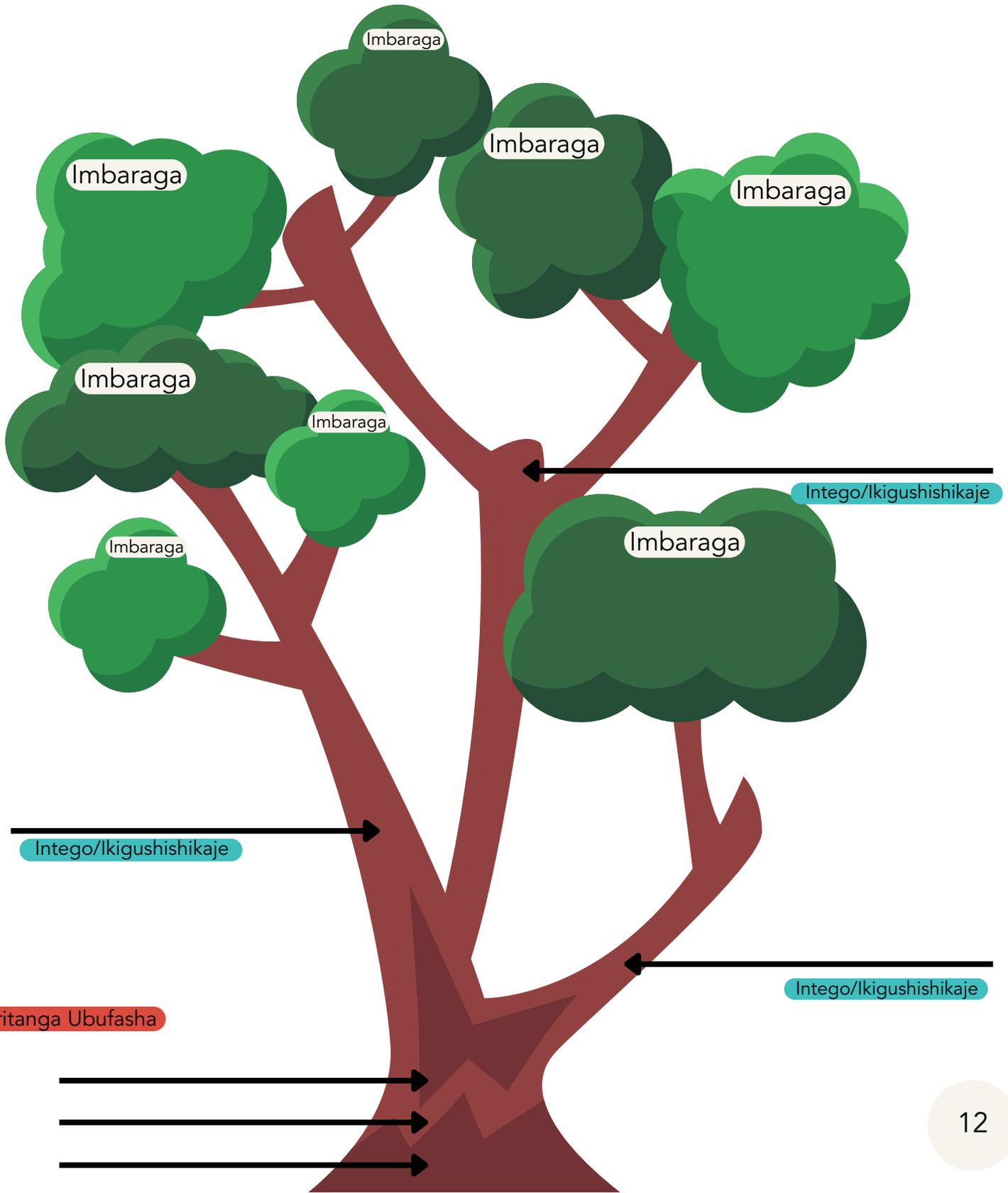


GAME OF READY4LIFE

PART ONE: EDUCATION AND CAREER

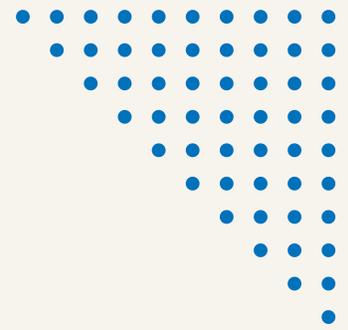


IGITI CY' IMBARAGA



GAME OF READY4LIFE

PART TWO: FAMILY AND HOUSING



Single

Family Structure



Single with One Child



Single with Two Child



Married/Partnered



Married/Partnered with One Child



Married/Partnered with Two Child

Family Structure Selection

Housing Selection

Housing

House (\$3000)

Townhouse (\$2500)

Apartment (\$1700)

Shared Home (\$900)

Living with Family (\$200)

Your Own Option



Family of One (\$300)



Food

Family of Two (\$600)



Family of Three (\$900)



Family of Four (\$1200)



Food Selection

Expenses Made

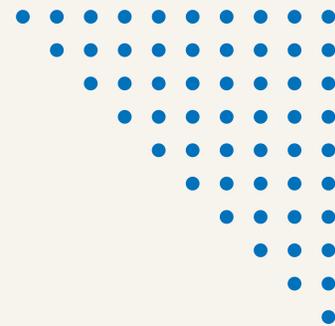
Housing: _____

Food: _____

Remaining: _____

GAME OF READY4LIFE

PART THREE: NEEDS AND WANTS



Needs

- Childcare (\$800)
- Debt Repayment (\$150)
- New clothes/shoes (\$100)
- Student Loan Repayment (\$200)
- Housing Utilities (\$430)
- Car + Insurance (\$700)
- Bike + Repairs (\$40)
- Public Transportation (\$60)

Wants

- Gift (\$60)
- Going to the movies (\$20)
- Emergency Fund (\$50)
- New Phone (\$400)
- Vacation (\$2000)
- Donations (\$50)
- TV streaming subscription (\$10)
- Premium Phone Plan (\$90)
- Signature Phone Plan (\$75)
- Essentials Phone Plan (\$60)
- Family Contribution (\$150)



Your Personal Needs

Your Personal Wants

Extra Expense: _____

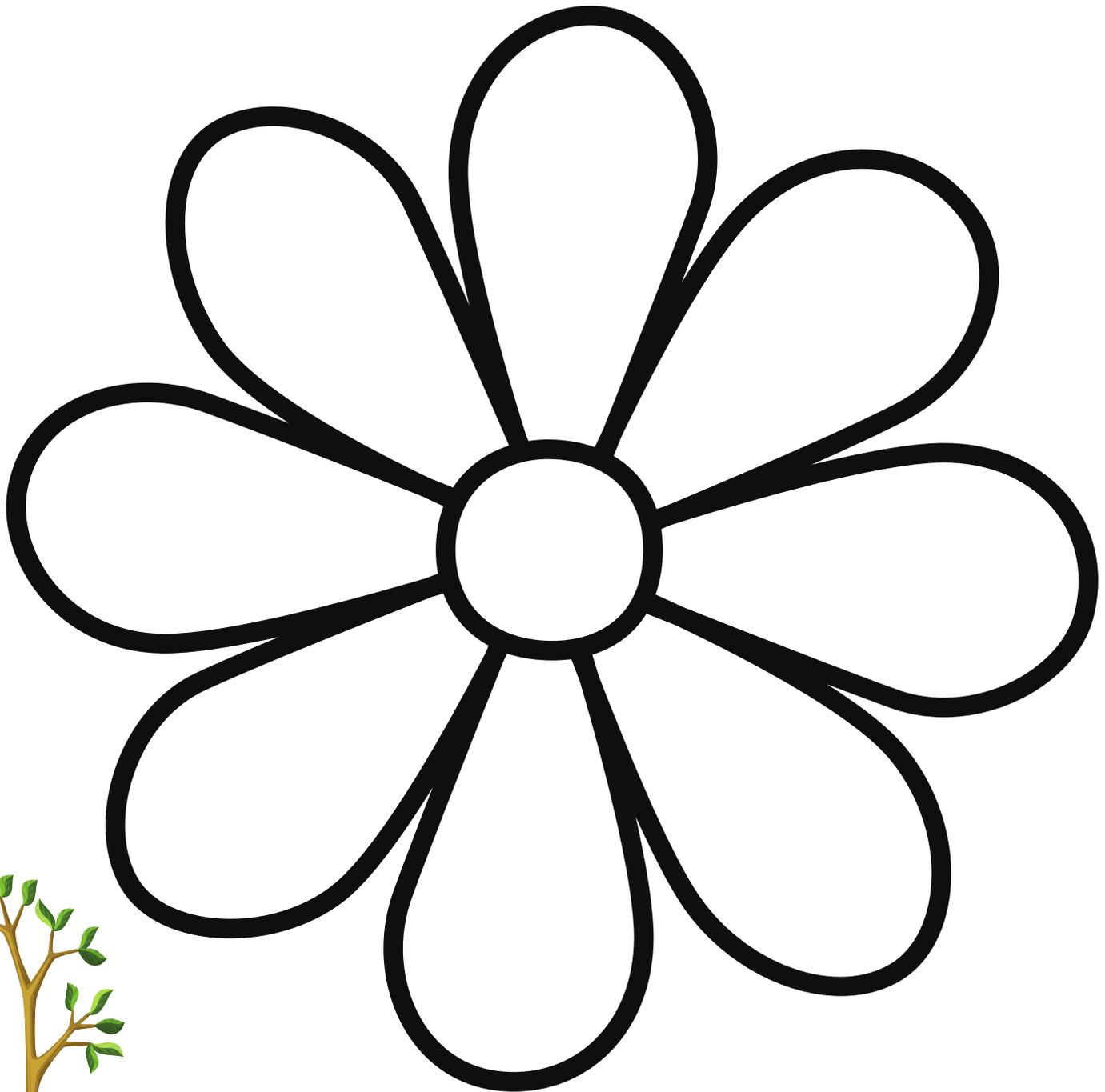
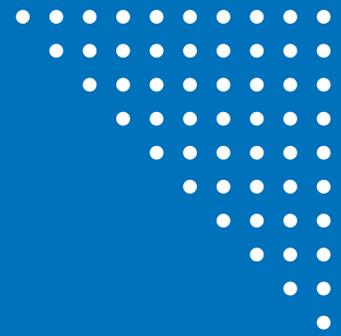
Accidental Expense: _____

Expenses Made

Financed: _____

Remaining: _____

URURABO RW'UMUBANO

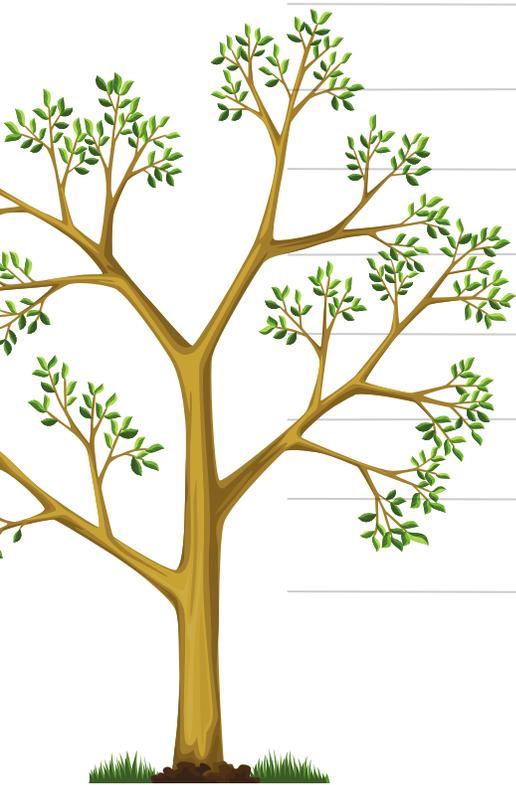


KUBAKA UMUBANO

Sobanura igihe wibeshye ku
muntu wari utandukanye nawe.
Wize iki?



KUMENYA
UBURYO BW'IMIBANIRE



IGITI CYA READY4LIFE

