

This worksheet and questions are here to help you think about your experience with poverty. These questions are suggestions only. What you include is up to you.

This is a list of details you may wish to include in your story:

- *When & how long* you were or have been living on low income...
- *Where* you were living on low income...
- *What* barriers you experience(d) because of low income...
- What type of issues you experienced because of being low income...
- *How* living on low income impacted you...

When you are thinking about what to include consider your experiences in these areas. These are also issues the Poverty Task Force advocates on...

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| • Decent work & living wages | • Homelessness |
| • Social assistance rates | • Food insecurity |
| • Basic income | • Renovictions and demovictions |
| • Affordable childcare | • Deeply affordable housing |
| • High rental rates | • Discrimination when accessing |
| • Accessible housing | housing |

Question prompts:

1. What factors were involved in your experiences with poverty?

2. What challenges or barriers are you facing while living on low income?

3. What does poverty look and feel like for you?

4. What barriers are preventing you from exiting poverty?

5. What supports are helping you or would help you to exit poverty?