



# Welcome

Financial Fitness

# We Control Our Financial Futures

- ❑ Knowledge is Power
- ❑ Get Organized
- ❑ Let's be strategic (The Plan)
- ❑ Improving every day



# Review your Current situation



- Let's Get Organized
  - Tax Returns
  - Retirement Accounts - Social Security (SSA.gov)
  - Bank and Investment Accounts - Savings and Checking
  - Receipts and Home Improvements
  - Insurance
  - Credit Cards and Other Loans
  - Will, POA and Health Directives
  - Children

# Why Save Money?



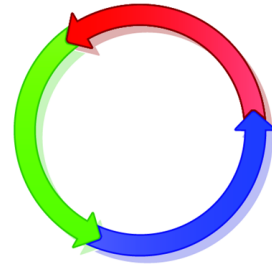
- Goals
- Build wealth
- Emergencies
- Times with less income or more expenses
- Peace of mind
- Other reasons



# Building an Emergency Savings Fund



- Set a realistic goal
- It takes time and commitment
- It's a cycle
- It's still worth doing
- It's an important step to improve financial health and stability



# Are you prepared? Life Happens



- Emergency Savings
- Insurance
- Will
- Direct Deposit
- Online and Mobile Banking
- Access to Financial resources





## ■ INCOME

1. Wages
2. Self Employment
3. Public Assistance
4. Child Support or Alimony
5. Interest and Dividends
6. Social Security and Pensions
7. Other sources

## ■ EXPENSES

1. Daily Spending Diary
  2. Record all expenses
  3. Daily, Monthly, Quarterly, Annual
- Fixed – The same every month
  - Variable – Change monthly – You may have some control over them

# Ways to Think About Expenses



- Needs: Things you must have to live
  - Wants: Things you desire and can live without
  - Obligations: Debts you owe
- 
- Can you:
  - Find less expensive ways to meet needs?
  - Use less money for wants?
  - Negotiate lower payments for obligations?



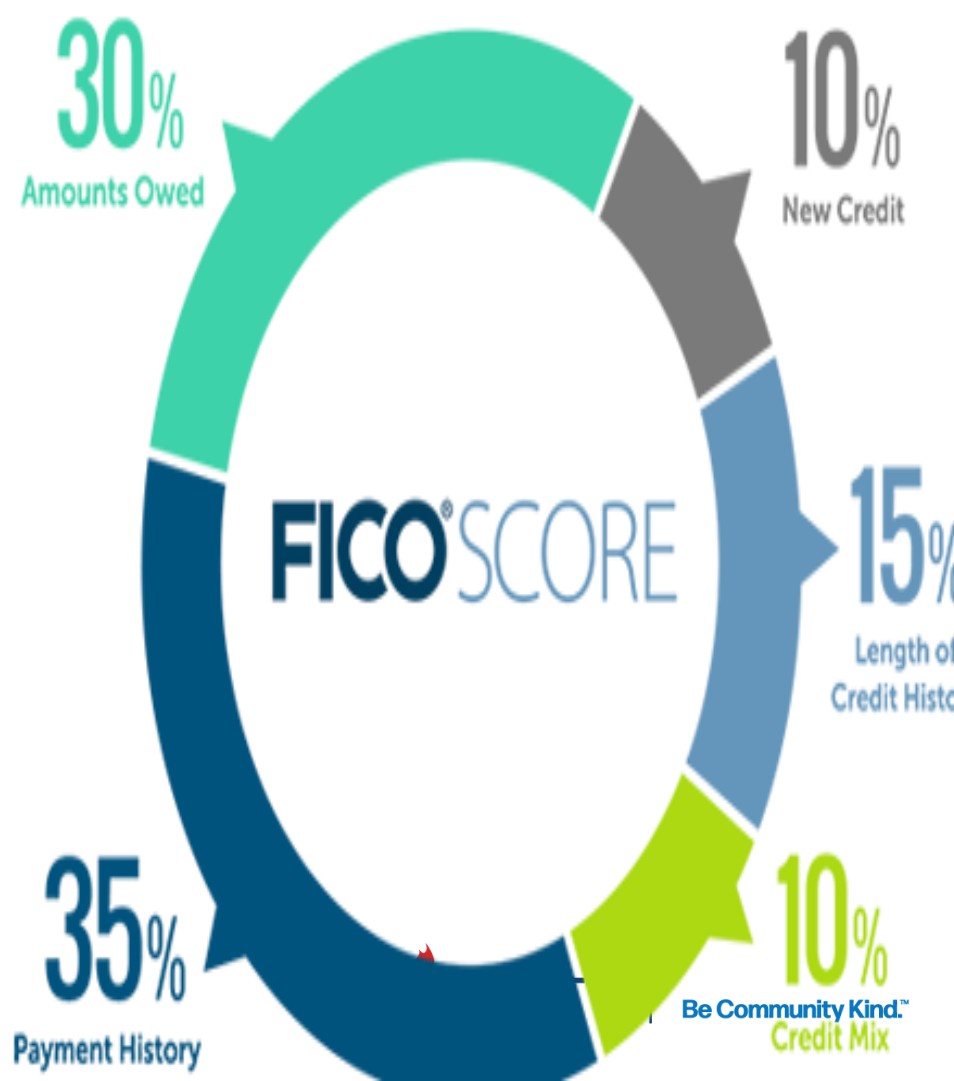
# Managing Your Expenses



- **Helps you avoid:**
  - Late fees
  - Interest on unpaid balances
  - Negative credit report entries
  - Loss of services
  - Additional charges associated with loss of services
  - LESS STRESS

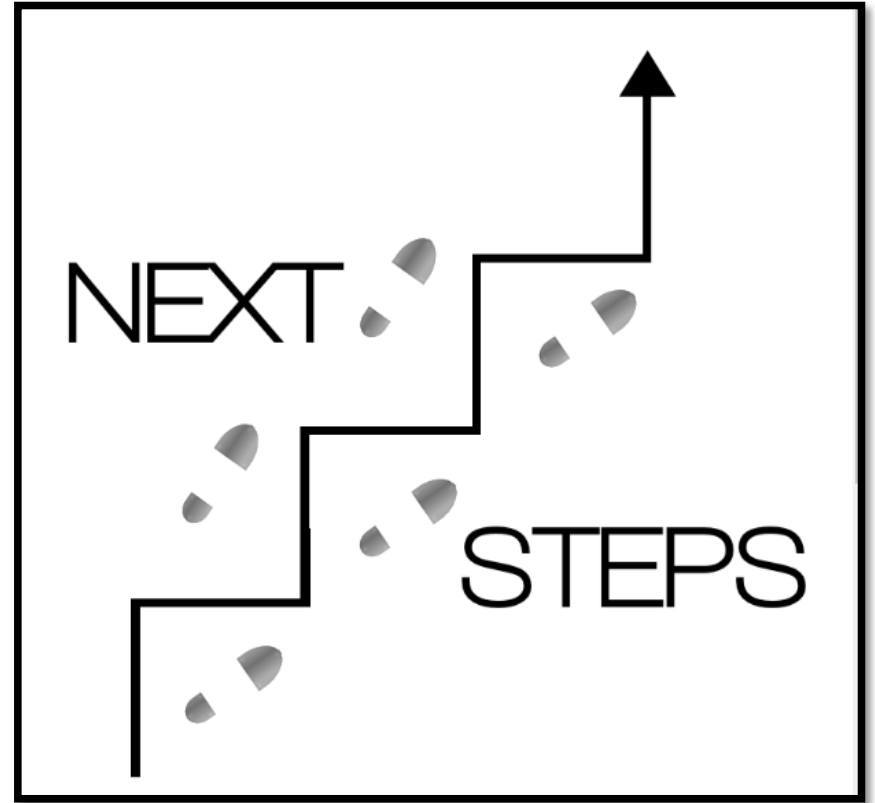
# Credit

- One free credit report every 12 months from each nationwide credit reporting agency Equifax, Experian, and TransUnion
- Go to [AnnualCreditReport.com](https://AnnualCreditReport.com)  
Official website to fill orders for these free credit reports



# Let's Be Strategic

1. Define your Goals
2. Create a Budget
3. Set a Timeline
4. Pick your Team



# Thank you!

