

FINANCIAL WELLNESS – ONE STEP AT A TIME!

Let's make “financial wellness” more than a catchphrase. We want to help you make an ongoing commitment to improve how you “Mind your Money,” so you feel confident about your finances every day.

Each month we are posting one step on Facebook, along with easy, effective activities you can do to complete that step and improve your financial wellness along the way. If you miss a step or activity, you can check back here where we will keep a running list of each key step.

Let's make financial wellness a way of life and remove any anxiety you feel about managing your money. You deserve it!

January – Step #1 *Understand your relationship with money*

Activities:

- Spender, Saver, Avoider, Worshiper? Recognize your conscious and unconscious beliefs about money and how they impact your spending and saving decisions.
- Do you have a negative money narrative? *"You can't take it with you.", "Wealthy people aren't really happy.", "I'm not good with money.",* etc. Change the narrative. Write down at least two positive money statements and say them aloud every day.
- Get comfortable talking about money with friends, family and your financial professional. It is not taboo or disrespectful - It's HEALTHY! Have a least one conversation about money this month with someone you trust.

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