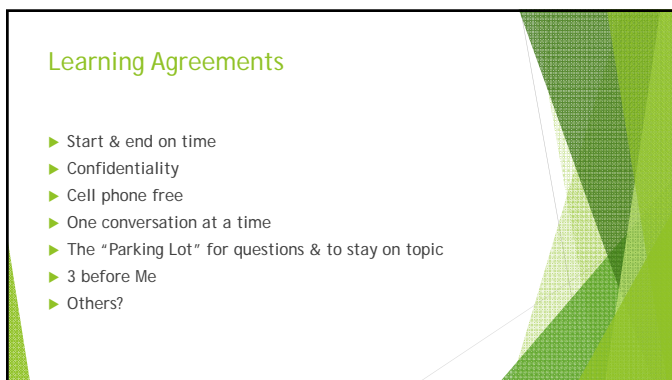


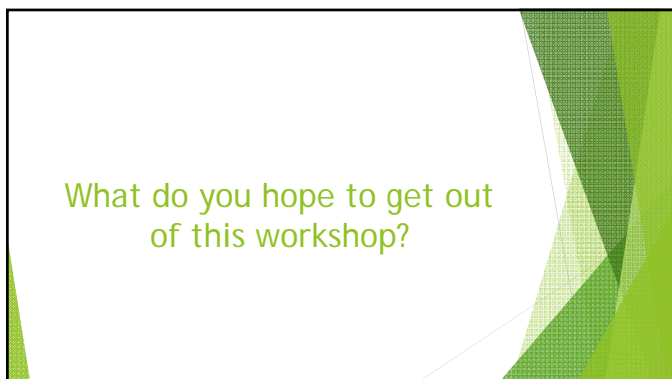
Financial Wellness
Workshop

Mental Health Association in Essex County
Beginning January 4, 2017



Learning Agreements

- ▶ Start & end on time
- ▶ Confidentiality
- ▶ Cell phone free
- ▶ One conversation at a time
- ▶ The "Parking Lot" for questions & to stay on topic
- ▶ 3 before Me
- ▶ Others?



What do you hope to get out
of this workshop?

Workshop Objectives


- ▶ Money Management
 - ▶ Assessing How You Manage Money
 - ▶ Creating a Budget
- ▶ Banking and Retirement
 - ▶ Managing Bank Accounts
 - ▶ Planning for Retirement
- ▶ Money in the Marketplace
 - ▶ Shopping
 - ▶ Housing

Money Basics

▶ Objectives:

- ▶ Recognize how to manage money
- ▶ Judge if it's time to change the way you manage money
- ▶ Identify steps you can take to better manage money
- ▶ Set financial goals and objectives

Assessing How You Manage Money



The Money Quiz!

Where does your money go?

If you don't keep track of your expenses, you don't know how you spend your money.

When you know where your money goes, you feel more in control.

Take time to think about your spending.



Changing the way you spend Money

When assessing how you manage your money, you might want to change your spending and saving habits.

Being able to better manage your money will help you prepare for the future.

Bad money management habits can sometimes be difficult to break. To tackle an undesirable habit, consider the following:

- What do I get out of it?
- What's the negative?
- Think before you spend.
- Find a good habit.

Eight Steps to Better Money Management

- ▶ Plan Ahead
- ▶ Create a Budget
- ▶ Keep Good Records
- ▶ Stay Insured
- ▶ Stay Focused
- ▶ Save More
- ▶ Educate Yourself
- ▶ Take Time

Setting Goals

Goal setting is an important part of success, whether you're aspiring to reach objectives in school, your career, or your personal life.

Aim too high, and you may get frustrated and give up; aim too low, and you might not push yourself to reach your full potential.

Think about your financial goals and how you plan to reach them.



Setting Goals

► Goals Worksheet

- My Goal
- What do I need to do to achieve this goal?
- When do I want to reach this goal?

Questions?

Next Module: Creating a Budget
