

## Be Financially Fit

Issue: April 2024



Financial well-being refers to financial security and freedom of choice for both the present and the future. Beyond merely covering expenses, it involves fostering a healthy and secure relationship with finances, enabling coverage for everyday needs, unforeseen expenses, and long-term financial goals.

**Financial Wellness Check-In!** *While there is no single blueprint for financial well-being, below are some markers to consider when examining your financial state.*

1. **You live within your means.** This means your ongoing expense are under control, your basic needs are met, and bills and debt are manageable. Maintaining control over expenses helps avoid the stress and uncertainty that often accompany financial instability.
2. **You have a financial cushion.** This is crucial for weathering unexpected expenses or emergencies. Experts recommend having 3 to 6 month's worth of living expenses saved to help prevent falling into debt when faced with unforeseen circumstances.
3. **You're on track with financial goals.** Whether that's purchasing a home or funding a child's education, taking consistent steps towards these objectives can build momentum and confidence in your financial future. (See chart for more tips)
4. **You have financial freedom.** This does not mean you can buy anything you want, but that you can make choices and enjoy the present while also planning for the future – it's about finding balance.

## SAVINGS STRATEGIES

1

### Automatic Transfers

By setting up automatic transfers from your checking account to your savings account each month, the money will accumulate over time without any additional work on your part.

2

### Create a 50/30/20 budget:

This approach means devoting 50% of your after-tax income to necessities, 30% to wants and 20% to savings and any debt payments.

3

### Prep for Grocery Shopping:

Cooking at home is often cheaper and more nutritious. Check your pantry and make a shopping list to avoid impulse buying something you don't need.

4

### Track Your Spending

Keep track of all your expenses—that means every coffee, household item and cash tip as well as regular monthly bills. This could be on a simple spreadsheet or by using a tracking tool offered through your bank or budgeting apps.

BONUS  
TIP!

### Saving For a Home?

Beyond the downpayment, you'll want to account for the other costs of buying a home. These can include closing costs (usually 2%-5% of the purchase price), moving costs, new furnishings, and an emergency fund for home repairs.

### Happy Financial Literacy Month!

Scan or click the QR code to register for our Financial Wellness Webinar:



Homeownership

101

April 24, 12pm PDT

McGriff.com