



Financial Wellness: Wrapping Up Your Holidays

FPG Education
eMoney



FRIENDLY REMINDERS



FPG OFFICE HOURS



SURVEY



AGENDA

- Benefits Recap

- Holiday Budgeting

- Resources

BENEFITS RECAP



CONTRIBUTIONS

- 401 (K)
- HSA

PTO

- SCHEDULE PTO (ONLY 40HRS CARRYOVER IN 2023)

If you want to make adjustments for 2023, do so between December 16th & December 31st

COLLEAGUE HOLIDAY TRADITIONS

Pre-pandemic, we did a Secret Santa for the kids to participate in, funded by aunts and uncles for a few years. A few of the cousins are in charge of collecting the money and wrapping the gifts for over 25 kids (lots of work), but all worth it when you see their faces exchanging gifts or hear them guessing who their Secret Santa is ☺. Hoping to reunite all kids again this year!

In Center City in Philly they setup a Christmas Village with all sorts of local vendors. Every year we go to the Village to do some shopping, enjoy some bevy's, and ride the Carousel! Christmas day we get up like little kids excited for Santa way before the sun comes up. We wake up, sing happy birthday to baby Jesus, & then pour mimosas and open presents (followed shortly after by naps). We then typically have a really nice dinner in sweatpants!

My family was always very extra. We would have a seafood feast for Christmas complete with multiple pounds of crab legs and shrimp plus sides.

After dinner, we would play games together. The more inappropriate the game, the better. Some of my favorite memories are watching family members laugh until they cried.

My grandfather operated a bakery. My father ran a small-town grocery store with an in-store bakery for nearly 40 years. One of my brothers was the head baker and it was there that I began working in the family-run business at the early age of 10.

To this day, we bake a lot of cookies, both for family events, but also to share with friends and neighbors. It's also my money-saving holiday gift tip. In today's 1-day delivery, delivered-to-your-door, and subscription lifestyle, baking and decorating cookies (from scratch!), with Christmas music rockin' the house, harkens back to a slower, nostalgic, by-gone era. And friends, teachers, neighbors truly appreciated the gift that came from the heart (or in this case, our kitchen) that DIDN'T come from a store!

Since the passing of my grandmother, every year I am back home for Christmas my mom and I turn up the Christmas tunes (ALEXA PLAY COUNTRY CHRISTMAS SONGS!! ☺) and make grandma's cinnamon roll recipe. Now like many in her time, the recipe was all in her head and she only left us with some vague measurements - but every year we get a little better, and so do the cinnamon rolls!

Every Christmas Eve, we have our big family party with all the aunts, uncles and cousins. My aunts switch off and take turns hosting and everyone brings an appetizer, side dish or dessert.

We play our annual Pollyanna game when each person contributes either a nice gift or a 'gag' prank gift, with the ability to steal - which can take a long time to get through 30 people!

GIFT GIVING RESEARCH

- The first studies involving gift giving behavior go back to the 1970s, most research focused on the positive side of gift giving
- In a recent 2021 research article, Givi, examined the negative impacts of giving a gift to someone when they don't have a gift in return for you. **"Givers misjudge the feelings of discomfort that recipients experience when they fail to reciprocate largely because the givers feel less strongly that the actions of the two parties imply an appreciation imbalance."**

Givi, J. (2021). When a gift exchange isn't an exchange: Why gift givers underestimate how uncomfortable recipients feel receiving a gift without reciprocating. *Journal of Business Research*, 129, 393–405. <https://doi.org/10.1016/j.jbusres.2021.03.013>



GIFT GIVING RESEARCH

- We give gifts to build and maintain ties with one another
- Experiential gifts may produce greater improvements in relationships
 - But... if someone really enjoys material items, just go ahead and buy them the material gift.
- **Give useful, asked for gifts, that are personalized**
 - Ask your loved one if they have a gift or wish list!

C. Chan and Mogliner, 2017
Zhang et al., 2014



REGIFTING RESEARCH



of Americans practice regifting

Some types of regifting are looked at positively, like giving heirlooms to family members, or sharing of intra-family exchanges. Regifting when we're trying to secretly pass off an unwanted gift is what is "taboo" and "negative", but often used in white elephant parties.

Regifting a gift can be a good way to help lessen the burden your budget this year, but be mindful of who and what items you're regifting!

Swilley, E., Cowart, K. O., & Flynn, L. R. (2014). An examination of regifting. *Journal of Consumer Behaviour*. <https://doi.org/10.1002/cb.1463>



HOLIDAY SHOPPING DURING HIGH INFLATION

Consumers expect to spend more than last year but purchasing for fewer people.

“The consumer has moved behaviorally in how they’re reacting to inflation,” said Matt Kramer, KPMG Consumer and Retail National Sector Leader. **“Now it’s about affordability and value for the consumer. They’re clearly pivoting categories to more essentials,”** he said.

One surprise in the survey, Kramer said, was the enthusiasm consumers are showing **for in-store shopping**. “Customers are loving getting back into stores,” he said.

KPMG expects that much of the additional **holiday spending this year will occur in physical stores**, while online spending will be relatively flat. “People want the social aspects of physically being able to see, to touch and feel, for certain categories,” Kramer said.

85%

of consumer surveyed by KPMG described themselves as concered about inflation this holiday season.

*<https://www.forbes.com/sites/joanverdon/2022/10/05/inflation-will-impact-how-holiday-shoppers-buy-and-who-gets-gifts/?sh=26f55e5c40cd>

HOLIDAY SHOPPING DURING HIGH INFLATION

A National Retail Federation Survey of 2,000 consumer conducted in late September found that 62% of holiday shoppers agree that it is important to spend on holiday gifts and celebrations.

43% of consumers say they don't earn enough to cover the costs of gifts and other holiday items this year.



4 out of 10 shoppers are willing to dip into savings for this 2022 holiday season



BUY NOW, PAY LATER

The CFPB defines Buy Now, Pay Later (BNPL) as the "pay-in-four" or "split pay" product: a four-installment, no-interest consumer loan, typically with a down payment of 25% and the remaining 3 installments due in two-week intervals

- 73% of applicants were approved for credit in 2021, up from 69% in 2020
- The average purchase amount financed by a BNPL loan in 2021 was \$135, up from \$121 in 2020
- 10.5% of borrowers were charged at least one late fee in 2021, up from 7.9% in 2020
- BNPL usage for "everyday" or "necessity" purchases (gas, groceries, and utilities) was \$229.2 million in 2021, up **434%** from \$42.9 million in 2020.



BUY NOW, PAY LATER

If you plan to use BNPL this holiday season remember take into account:

- Payment due dates and amounts due
 - Which credit or debit card you put on file for auto-pay
 - What platform you're using for your BNPL (lender)
 - Which purchase goes with each lender
-
- Consider if you're taking out too many concurrent loans with different lenders - you may be tying up future funds
 - If you're looking to build or rebuild your credit, BNPL loans will not show up on your credit at all, **unless you don't pay.**



SPENDING IN 2021

Who millennials expect to spend \$100 or more on when holiday shopping this year

Recipient	Percent of millennials who plan to spend \$100 or more
Spouse/partner	59%
Siblings	30%
Other	9%
Grandparents	18%
Friends	21%
Child(ren)	49%

During 2020, many Americans were separated during the holidays because of Covid-19. This might have been a way to make up for missing that time together.

**86% of
millennials
overspent on
holidays gifts
last year**

*study from American express

*<https://www.cnn.com/select/millennials-overspending-during-holidays/>

HOLIDAY SPENDING PLANNING

**02. EXAMINE
WHO TO
GIFT TO**

**01. BUDGET
WITHIN
BUDGET**

**03.
DETERMINE
\$ AMOUNT**

04. INCLUDE

- gifts
- experiential gifts
- gift cards

05. OTHER:

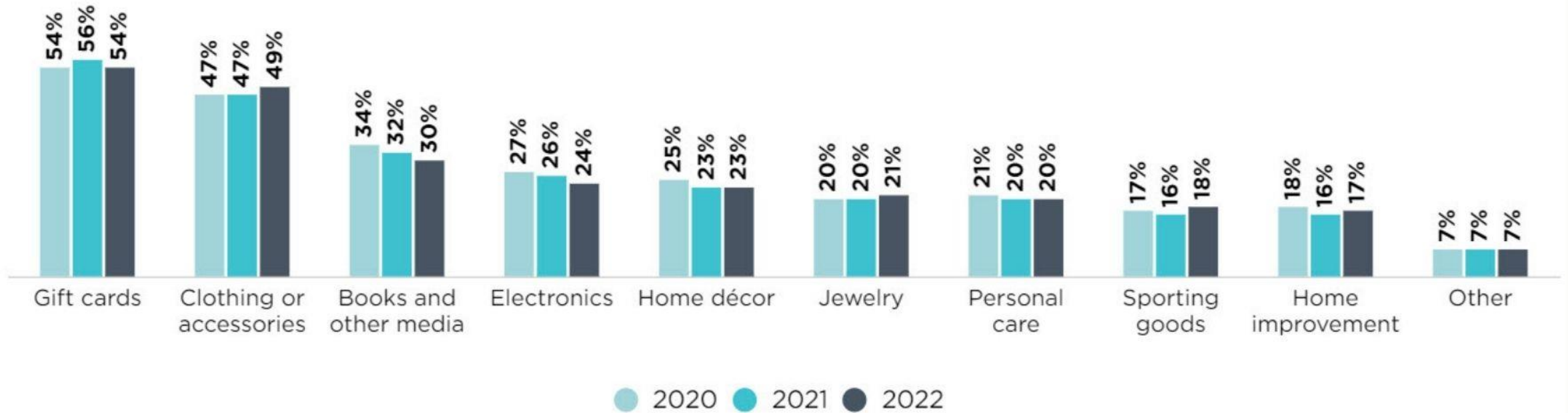
- Decor, gift wrap
- donations
- Travel
- Contributions

06. REVISE



HOLIDAY SPENDING PLANNING

The gifts consumers want to receive this holiday season



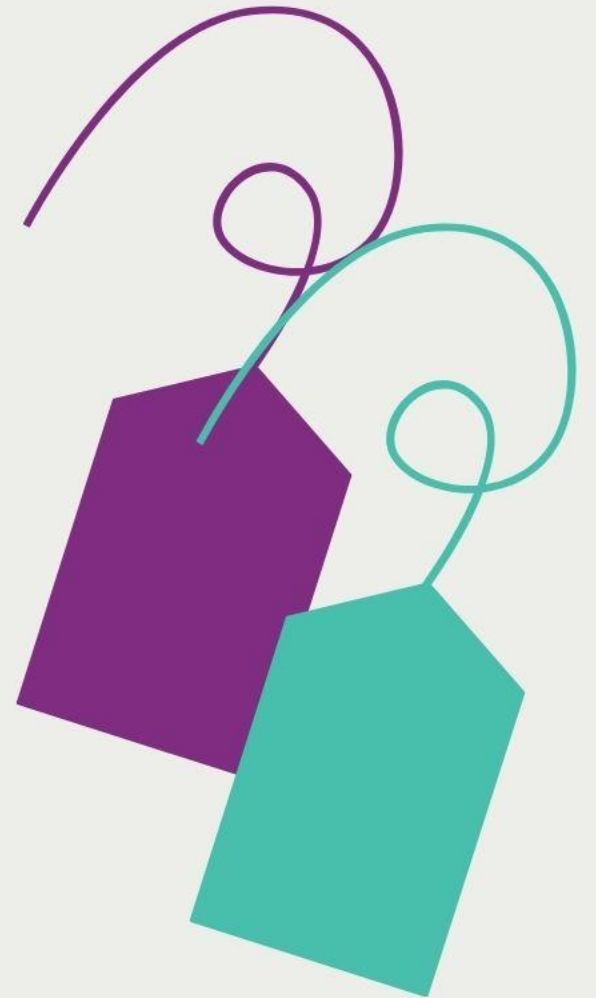
Source: NRF and Prosper Insights & Analytics October 2022 Consumer Holiday Survey

SAVVY WAYS TO SHOP FOR GIFTS

- Use an app or website to track price drop for specific products
- Look for available cash back from e-commerce apps, credit cards points, store rewards, eMpower points!
- Give group or family gifts
- Utilize gift exchanges for larger families or friend groups
- Avoid unnecessary gifts or credit card/store offers
- Decide who and why you would like to give to
- Track your spending!



*Keep in mind stores return policies, especially online!



SAVVY WAYS TO SHOP FOR GIFTS



LOW COST EXPERIENCES

Experiential gift ideas for 2022

- Baking cookies with a grandparent or parent
- Making a YouTube or TikTok dance video
- Taking a walk or hike with a loved one
- Picnic at home or a park for an afternoon
- Hit the batting cages or driving range
- Go ice or roller skating
- Volunteer your time to the local food pantry
- Get involved with your animal shelter
- Coffee with a friend
- Movie tickets for two
- Night out for bowling
- Get into some fun at the arcade
- Theme park, zoo, or museum passes for the year

WANT

NEED

WEAR

READ



LOOKING AHEAD FOR NEXT YEAR

- Write down who is on your list and update throughout the year
- Analyze techniques used
- Add up what you spent in gifts in 2022 and divide by 12 or less (months)
- Start savings plan
 - automate or use a holiday account at your local bank
- Try not to be in debt starting the year
- Use coupons, discounts, points
- Experiential gifts!

eMONEY RESOURCES



FPG Office Hours



FPG Foundational Course - Cash Flow

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HAPPY

HOLIDAYS

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THANK
YOU