MONEY RESOLUTIONS

NEW YEARS RESOLUTIONS

HOW IT STARTED

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted.

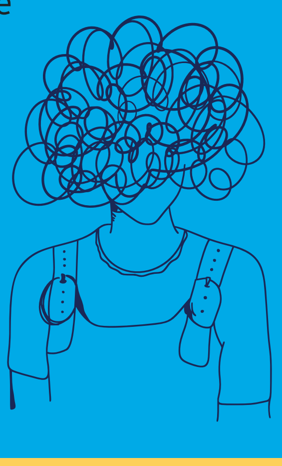
Why it's good to make resolutions

INTENTION	HOPE & ENGAGEMENT	RESPONSIBILITY	INSPIRATION
Being honest with yourself and your situation. Intentionality will contribute to your happiness and fulfillment.	Making resolutions is hopeful and optimistic. Positive thinking tends to motivate action. Optimism is doubly beneficial -- contributing to your own mental health and positivity on those around you.	Most resolutions have impact on others - they affect families, friends, colleagues, and communities. Consider the broader responsibility.	When you want to be better, you inspire others! People learn through experiencing the behavior of others -- inspiring others around you!

https://www.forbes.com/sites/tracybrower/2021/12/31/4-reasons-to-make-new-years-resolutions-even-if-you-dont-keep-them/?sh=22e47dee66a1

HOW TO MANAGE FINANCIAL STRESS?

- Create a spending plan or budget
- Track one expense that might be causing you stress
- Engage in self-care
- Go for a walk, try to relax and unwind
- Reach out for support to a trusted individual or financial professional



ALLEVIATE FINANCIAL BURNOUT

- Start small
- Find a money management system that works for you
- Check in on your credit score
- Set a month money appointment with yourself
- Talk to a professional
- Use Headspace financial courses

WHAT TO DO?

BUDGET HACKS

- Reclassify "one time" expenses (for example; have a birthday/celebrations/special/"one time" occasions category.
  - research shows it leads to reduce expenses
- Simple rule of thumb: assume the expense will cost 20% more
- Automatic payroll percentage or $ amount going into savings

REPAYING DEBT

www.Powerpay.org is a free consumer website that you can use to create a debt reduction strategy based on interest rates or amount of debt.

CREATE LONG LASTING GOALS

- Understand your why
- Begin with small steps
- Create SMARTER goals

TAKE A CHALLENGE

- Pennies a Day
- 52 week challenge
- $5 challenge
- Envelope Method

BUDGET

- 50% needs/30% wants/20% savings
- Zero-Based Budgeting: Income- Expenses
- 60% solution: 60% towards cimmoted expenses, 40% to savings and other expenses

EMPLOYEE BENEFIT

- Checkout eMoney employee benefit package to learn more about eMoney 401k employer match and HSA contributions

SPEAK TO AN IN-HOUSE EXPERT

Summit your request HERE to FPG Office Hours for a confidential and private one on one session with a credential professional. Available to all eMoney employees.