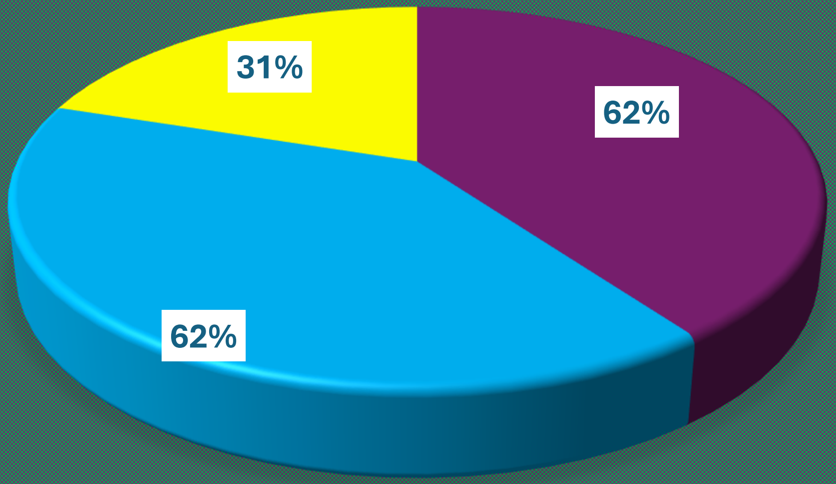
Achieving Financial Wellness through Behavioral Change

SAINT LEONARD'S MINISTRIES

THE ACADEMY OF FINANCIAL EDUCATION

THE ACADEMY OF FINANCIAL EDUCATION

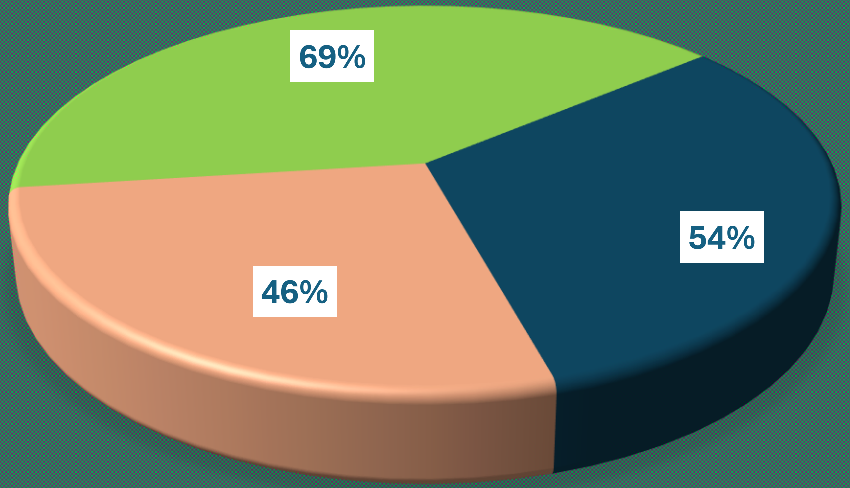
Budgeting and Financial Tracking



- I have begun collecting receipts to track what I spend money on.
- I have begun using a spending plan or cash envelopes to limit my expenses.
- I have started my budget for the first time.

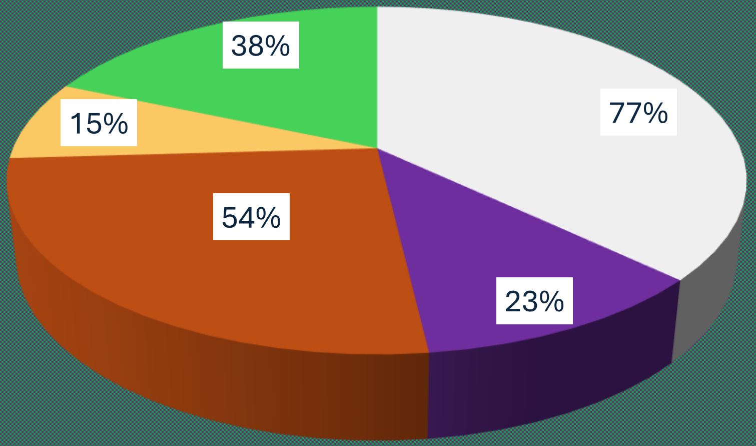
Financial Goals and Planning

- I have set up short-term financial goals (e.g., saving for a vacation, paying off debt).
- I have set long-term financial goals (e.g., retirement, buying a home).
- I have created an emergency fund to cover unexpected expenses.



THE ACADEMY OF FINANCIAL EDUCATION

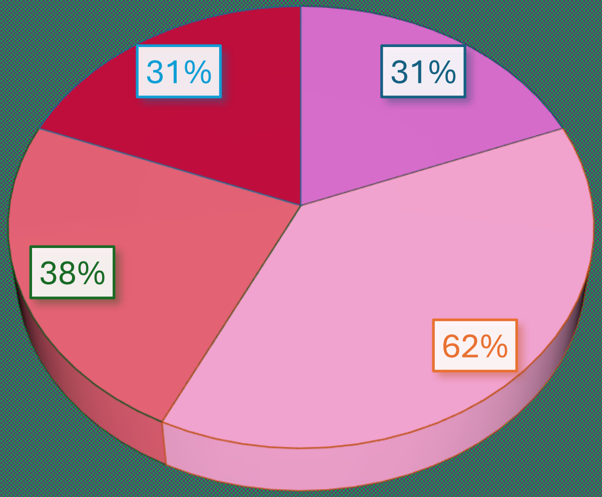
Credit Management and Debt Reduction



- I have created an account to monitor my credit report/score.
- I have started paying down my debt using a specific strategy (e.g., debt snowball, avalanche).
- I have avoided taking on new debt since the class.
- I have set up identity theft protection.
- I have added my child as an authorized user for my credit card.

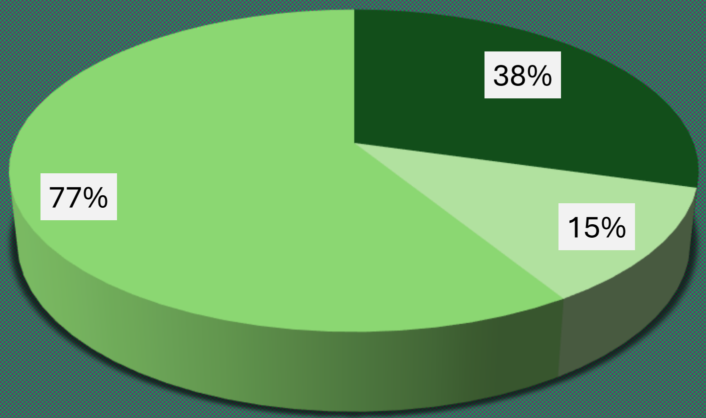
Saving and Investments

- I created a savings account for my child.
- I have increased my monthly savings contributions.
- I have opened a retirement savings account (e.g., 401(k), IRA).
- I have started investing for the future (e.g., stocks, bonds, real estate).



THE ACADEMY OF FINANCIAL EDUCATION

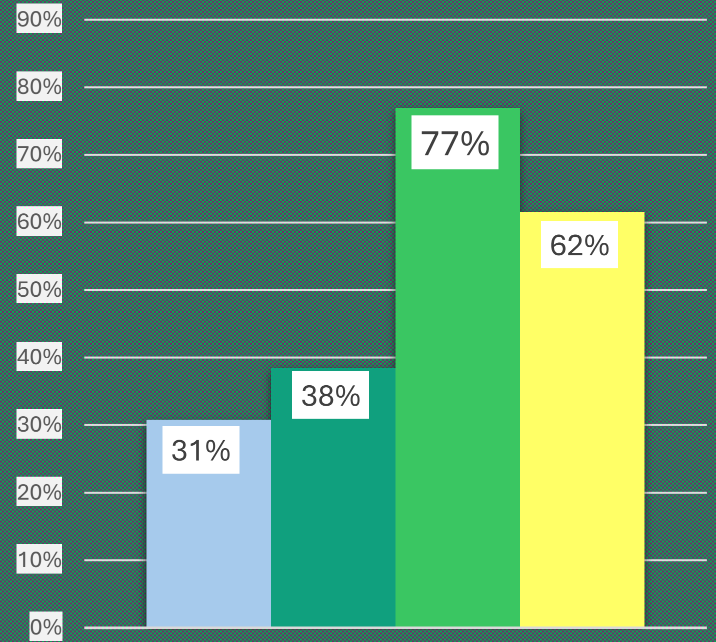
Banking and Financial Products



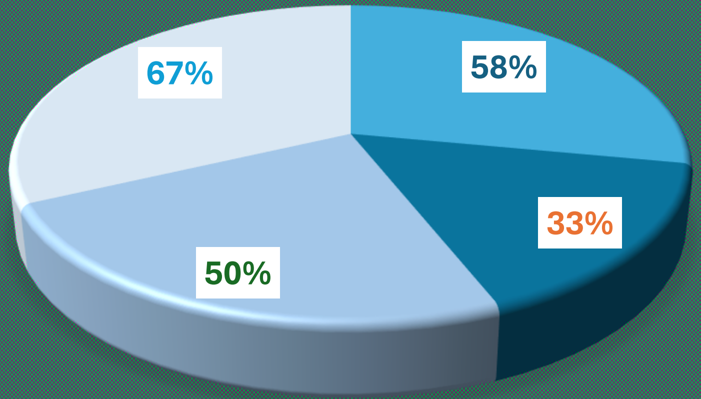
- I have switched to a bank or credit union with lower fees or better benefits.
- I have opened a checking or savings account for the first time.
- I am using digital banking tools (e.g., mobile apps, online banking) to manage my finances more effectively.

Financial Communication and Confidence

- I have started having regular financial discussions with my partner or family members.
- I feel more confident discussing financial topics with others.
- I feel more confident in my ability to make informed financial decisions.
- I feel more aware of my rights as a consumer.



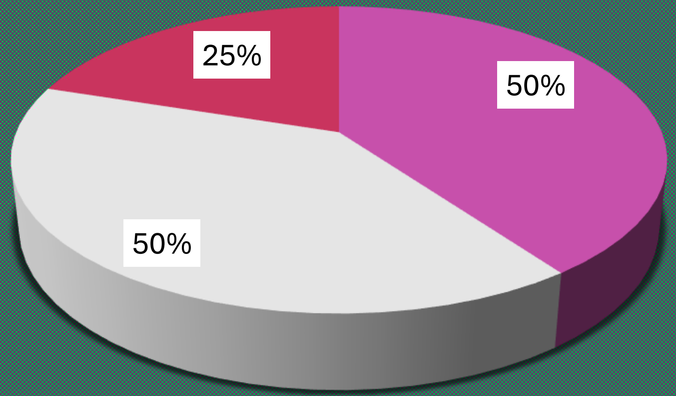
Consumer Skills: Identifying Fraud and Scams



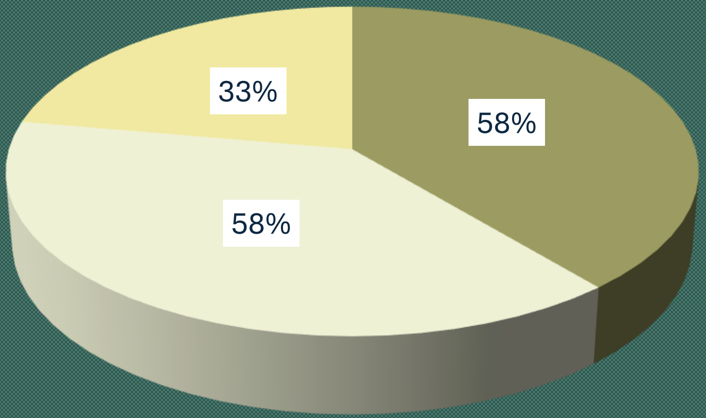
- I have started verifying the authenticity of websites or sources before making online transactions.
- I have begun collecting receipts or monitoring my spending to identify potential fraudulent activity.
- I regularly review my financial accounts to spot unauthorized transactions or errors.
- I have set up a bank account notification(s) in the event of unauthorized use.

The Right Coverage: Planning for the Unexpected

- I have reviewed my life, home, renters, or vehicle insurance policies in the past year to ensure adequate coverage.
- I have explored different life insurance options to find a plan that fits my needs and budget
- I have started researching the benefits of disability or life insurance for long-term financial security.



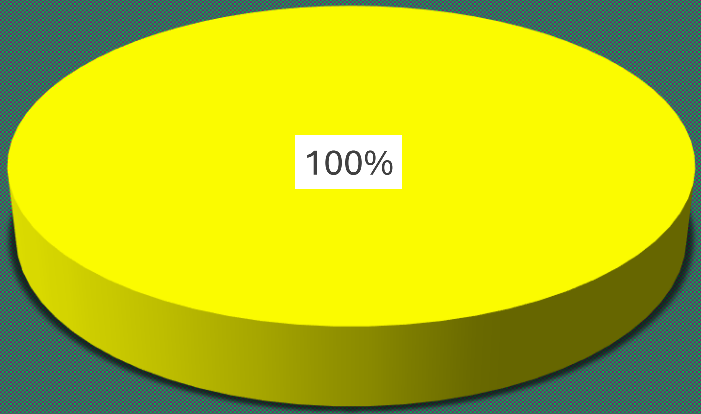
Smart Investing: Strategies for Success



- I have begun setting aside money specifically for investment purposes.
- I have researched investment opportunities like stocks, bonds, or retirement accounts to grow my wealth.
- I have met with or have scheduled an appointment with a financial advisor/financial planner.

Healing from Financial Stress and Trauma

- I have started journaling or tracking my spending patterns to address financial stress.



SAINT LEONARD'S MINISTRIES

Testimonies

Lisa Marie – I learned the importance of making a list before going shopping. That way you won't overspend. I've been doing this and it works out perfectly because when I don't do it, I overspend. Now I make a list before going shopping and it saves me money.

Shaquila – A budget is telling your money where to go instead of wondering where it went.

Cassandra – I learned to budget better, pay attention on how you spend your money, and make your list so you can't overspend, and how rates on your money is going.

Martha – I learned more in this classroom about saving money.

THE ACADEMY OF FINANCIAL EDUCATION

SAINT LEONARD'S MINISTRIES

This survey was completed by 13 participants in a 12-week period. Subjects included 10 personal financial topics such as: financial trauma, behavioral finance, budgeting, credit and debt management, consumer fraud and scams, co-parenting and finances, effective insurance strategies, investing, and retirement planning.

THE ACADEMY OF FINANCIAL EDUCATION