

"FLEX YOUR FINANCES"

ALISE JACKSON - FINANCIAL COACH

Saturday, June 27, 2020 - 11 AM

CrossFit Dynamo

AJ MONEYCOACH

WHY Talk About Personal Finance HERE?

- CrossFit Dynamo is a community of wellness-minded individuals and families
- Financial Wellness is one of the 8 elements of the Wellness Wheel



WHO is AJ Moneycoach?

- Accountant
- Widow
- Military Spouse
- Volunteer
- Financial Coach
 - “Lifting Others to Build Greater Communities”



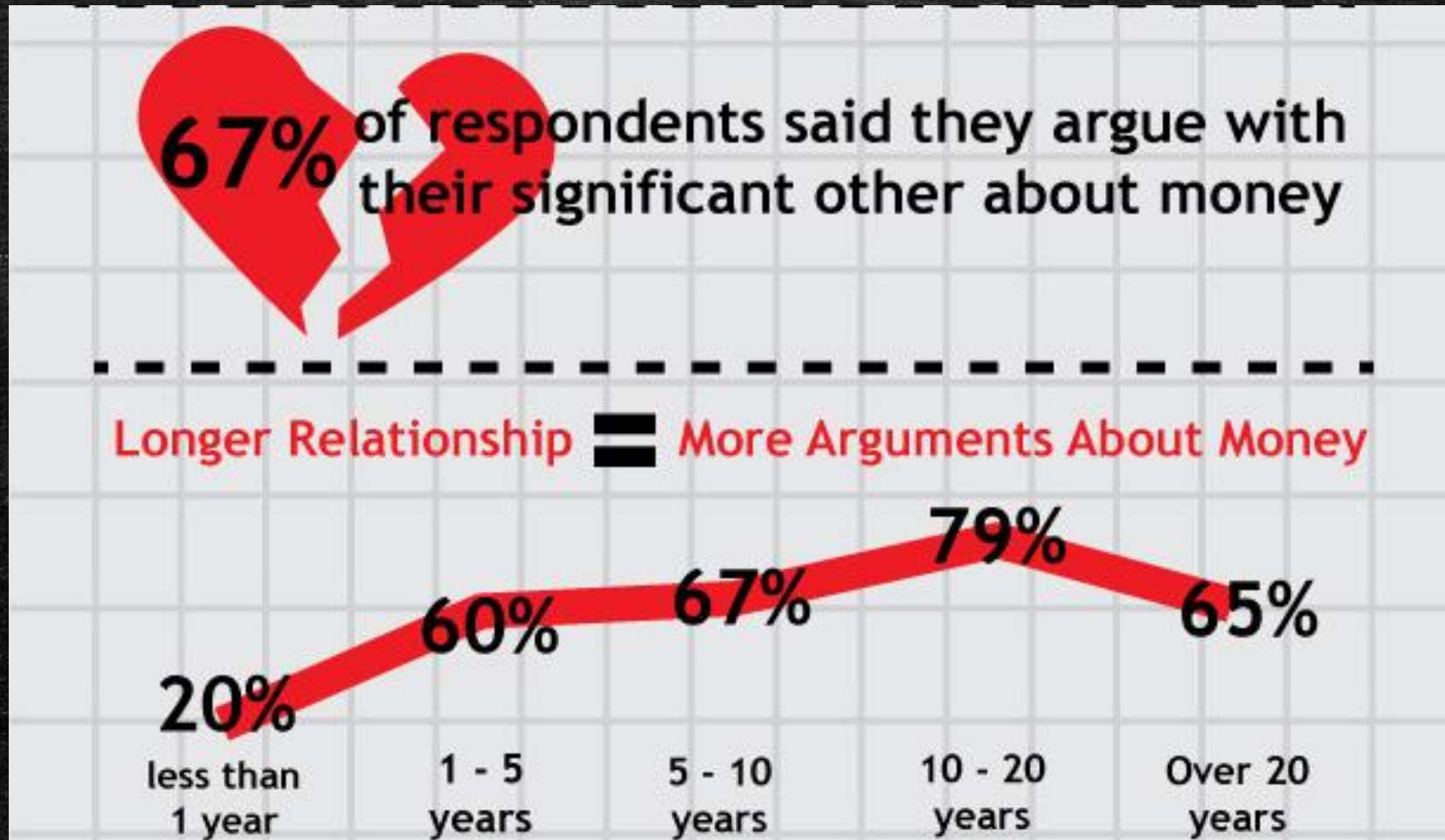
AJ MONEYCOACH

WHAT Does Financial Wellness Entail?

- Identify
- Learn
- Put into Practice
- Plan
- Work the Plan Together

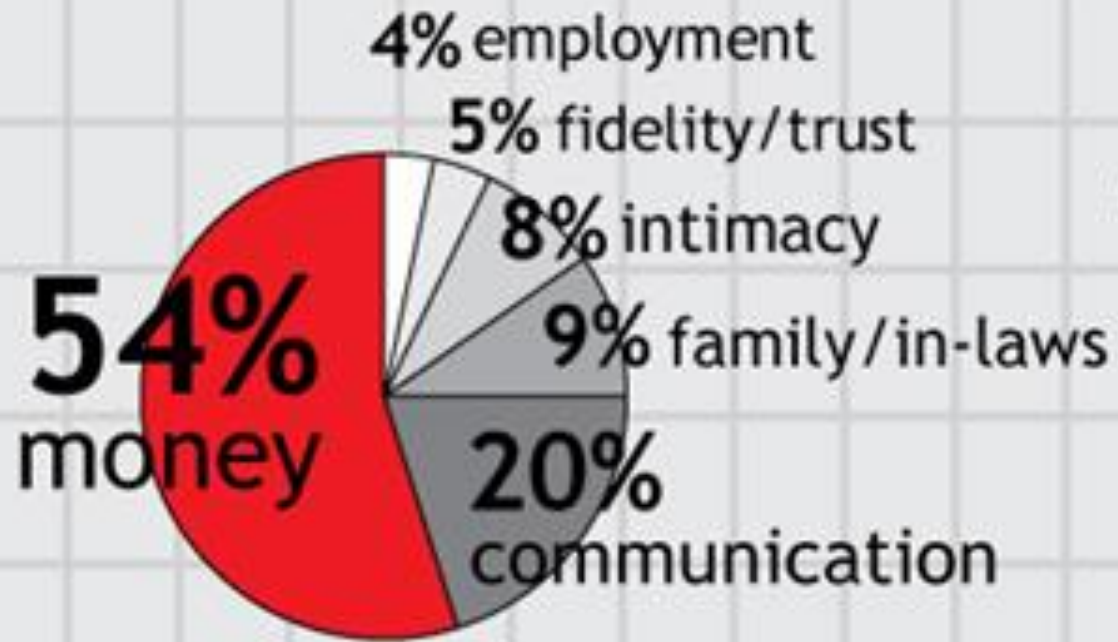


Money Stress in Relationships

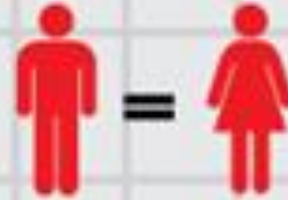


Money Stress in Relationships

Most Common Causes of Relationship Stress...

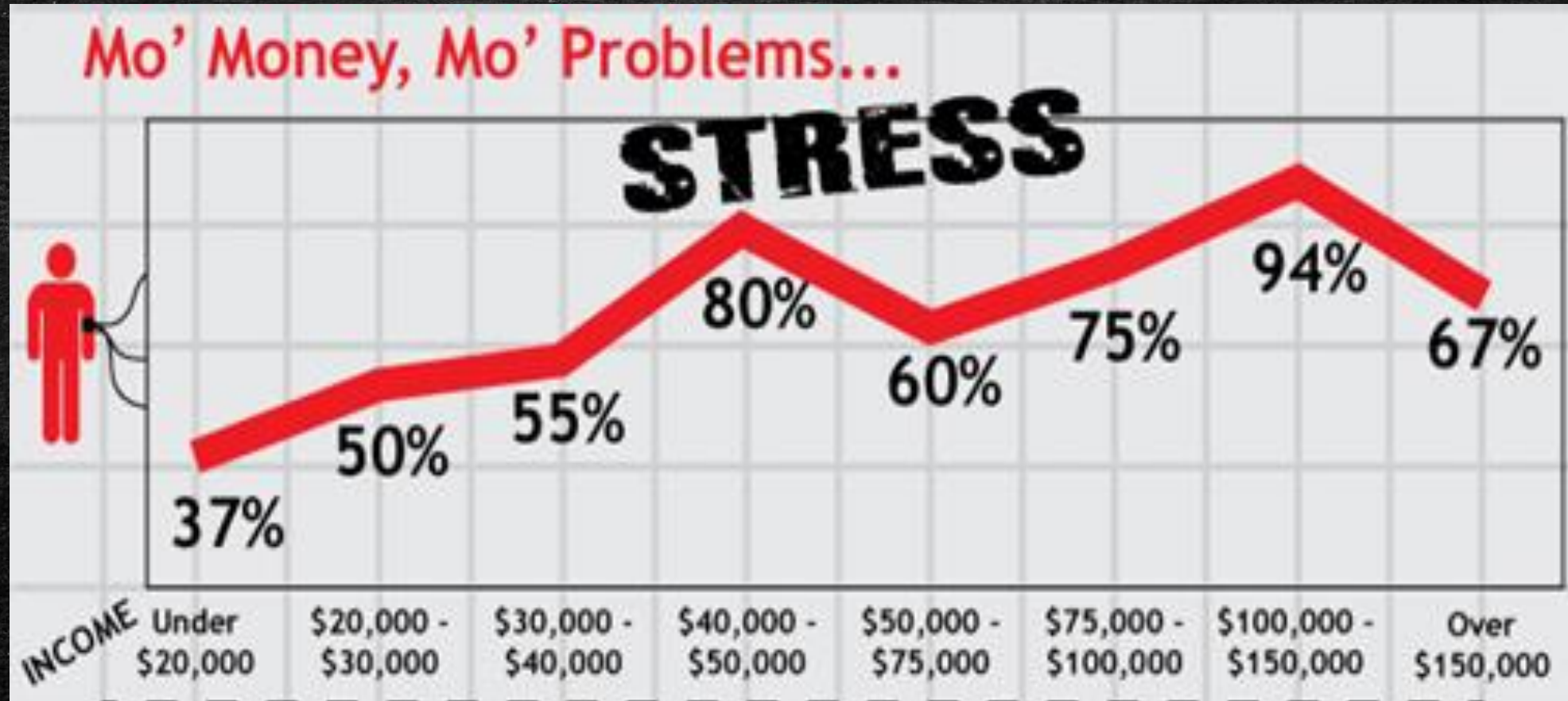


Men and Women Responded Similarly to All Questions



79% of people said financial issues **STRAIN** their relationship

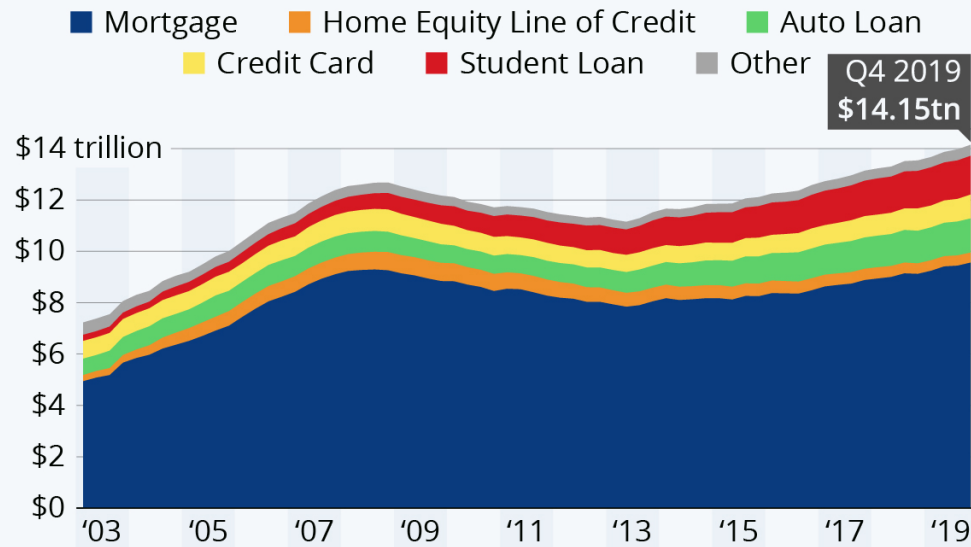
Money Stress in Relationships



“The Average American” Household (pre-COVID-19)

U.S. Household Debt Tops \$14 Trillion for the First Time

Total household debt balance in the United States,
by category



Source: New York Fed Consumer Credit Panel/Equifax

- 70% Mortgages + HELOCs
- 11% Student Loans
- 10% Auto Loans
- 6% Credit Cards
- 3% Other Debt (Medical, Personal Loans, etc.)

COVID-19: What Has This Taught Us?

- Income from your employer is NOT guaranteed; don't let it be the only thing you rely on
- Have a backup plan for employer-provided health insurance
- Build a SOLID emergency fund
 - How much? Enough to make you feel SAFE!
- Level-up your financial literacy
 - We ALL can learn more; do better!



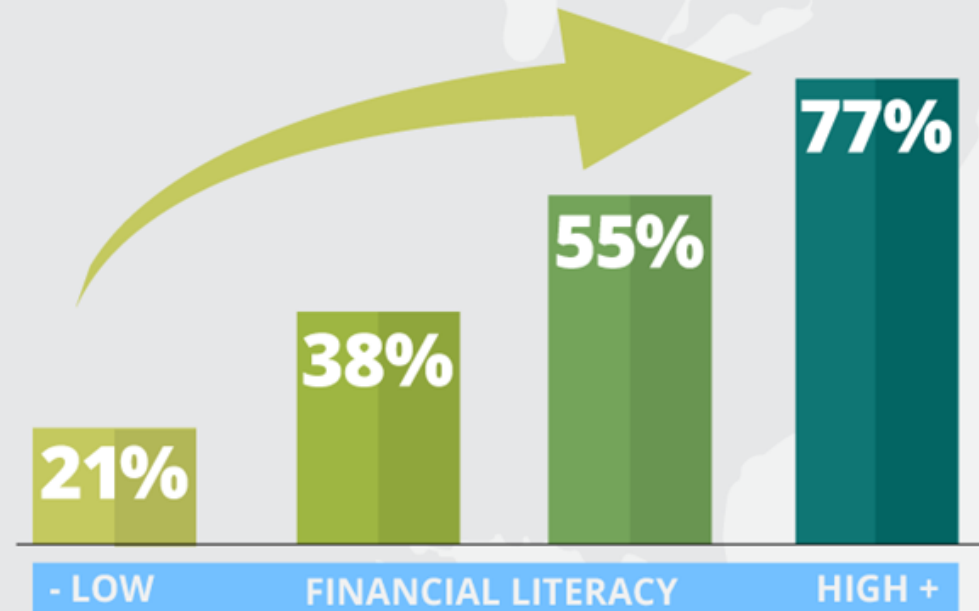
Financial Literacy = Financial Resiliency

THE 2020 P-FIN INDEX

TIAA Institute

GFLEC
GLOBAL FINANCIAL LITERACY
EXCELLENCE CENTER

Those with greater financial literacy are more likely to be able to cope with a financial shock.



% who could certainly come up with \$2,000
if an unexpected need arose within the next month

Your “NEVER AGAIN” Moment!

- Think back to a time in your life when you experienced a crisis
- Did you reach a breaking point where you said “NEVER AGAIN will I...?”



COVID-19: What Now?

- Protect Your “FOUR WALLS”
 - Shelter
 - Food
 - Utilities
 - Transportation
- Stay Calm and Stay the Course – Keep focus on YOUR financial goals
- Stock pile cash if you need to build a solid reserve
- 30-Day “Budget Cleanse”



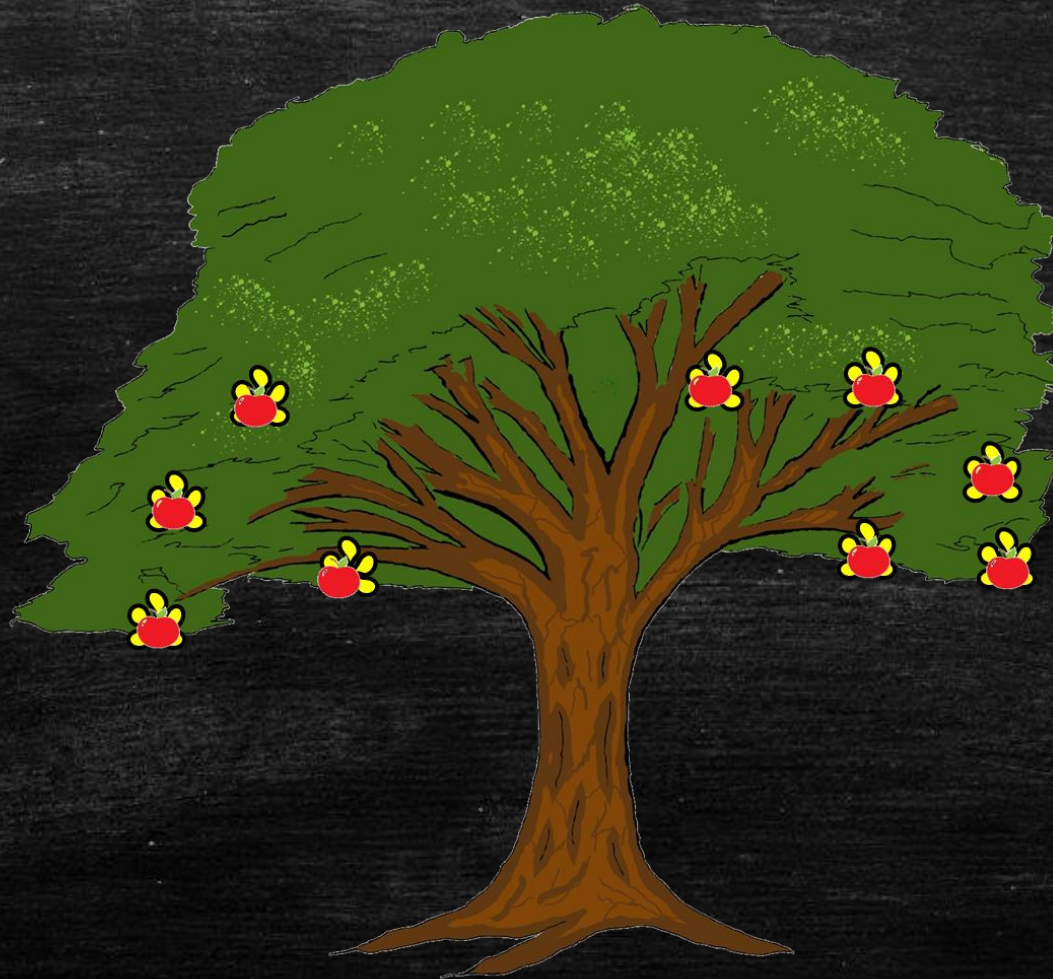
What's
Next?

COVID-19: What ELSE Now?

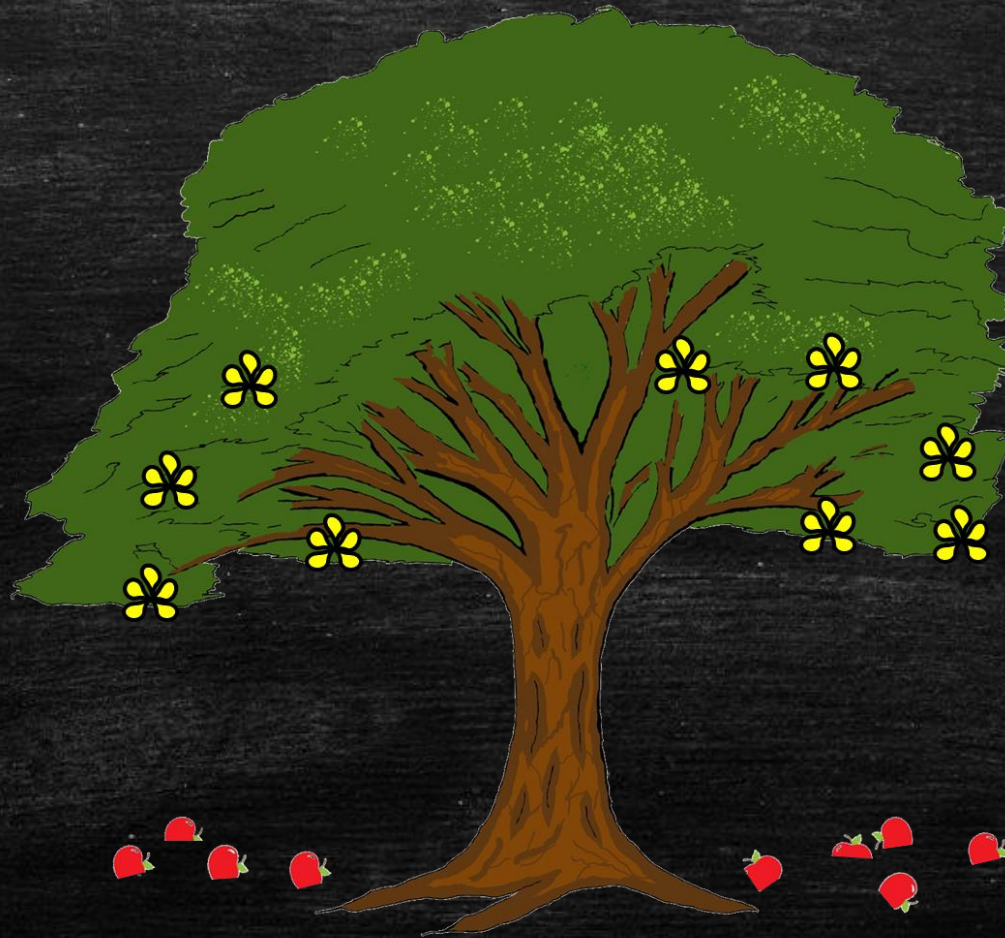


- Pay Off Consumer Debt and Don't Take On Any New Debt
- CONSIDER Refinancing Your Mortgage
- Household Planning Tool – “Protect Your Family’s Tree”
 - Income generation
 - Expense reduction

Protect Your Family's Tree



Protect Your Family's Tree



Protect Your Family's Tree



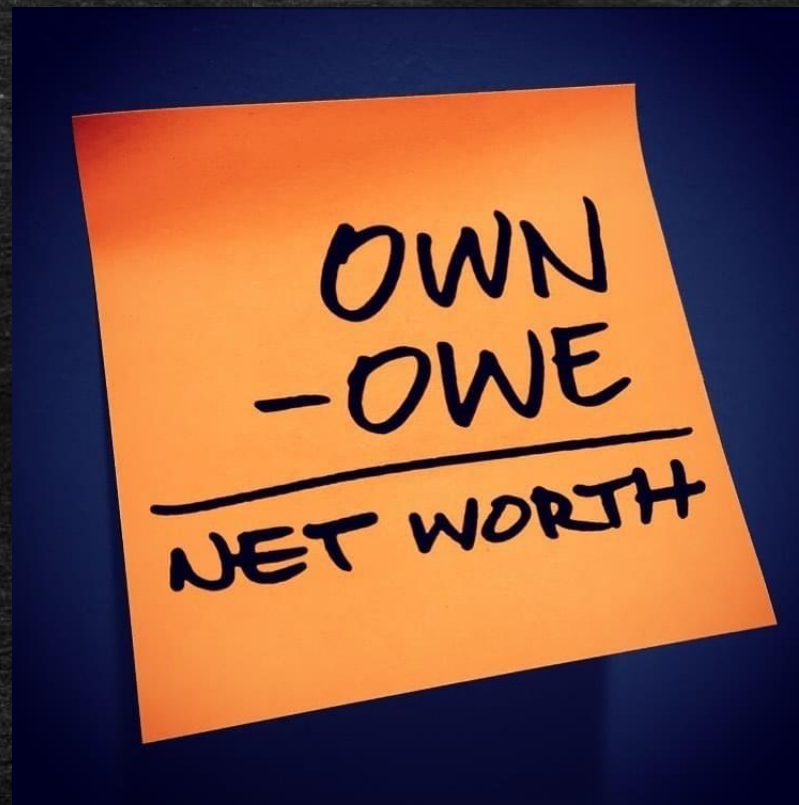
Protect Your Family's Tree



Protect Your Family's Tree



Do You Know Your Net Worth?



What's the Winning Formula?

- Two things you need to win at football and at personal finance:
 - **OFFENSE** – your income; making money
 - **DEFENSE** – preventing yourself from spending or losing all you've built



Why To Budget (and KEEP Budgeting)



“Budgets are nothing if not a statement of priorities”

– Jeff Merkley

Why To Budget (and KEEP Budgeting)

- Budgets help us assign value to things
- We don't pay for things with money; we pay for them with the hours of our lives we traded for money



Do You Know Your Retirement Number?

- Retirement is a \$ amount, NOT an age!
- It's the amount you need to live the life in retirement that you've always dreamed of



How Many of these Tools are in YOUR Toolbox?

 Health Insurance

 Home/Renter's Insurance

 Auto Insurance

 Life Insurance

 Disability Insurance

 Long-Term Care Insurance

 Umbrella Insurance

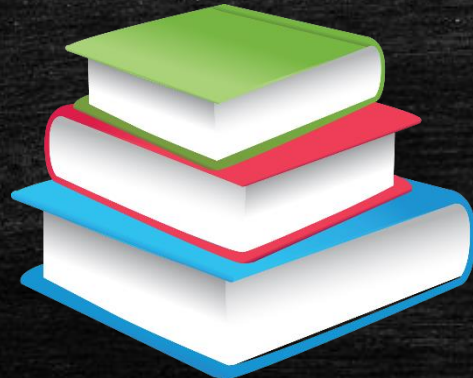
 Will

 Credit Fraud

 Identity Theft Protection

(Some) Topics a Financial Coach Can Work With You On:

- Budgeting
- Debt Payoff
- Saving for College
- Student Loans
- Insurance
- Planning for Retirement
- Collections
- Bankruptcy
- Foreclosure/Short Sales
- Household Disaster Planning Tools



Want a Personalized Plan?

- Financial Coaching is for you!
 - Education
 - Plan
 - Accountability
- Coupon for CrossFit Dynamo members



For Personal Finance TIPS, TOOLS, &
MOTIVATION, FOLLOW AJ Moneycoach:



@ajmoneycoach



ajmoneycoach.com



@ajmoneycoach



AJ Moneycoach (Company)

TAX DAY IS
JULY 15TH!!!



THANK YOU!

The logo for AJ MoneyCoach, featuring a teal square to the left of the text "AJ MONEYCOACH".

AJ MONEYCOACH

Questions?