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# WELCOME! CONFERENCE REMINDERS

- CEU attendance will be taken by the collection of Evaluations at the end of class. You **MUST** fill out an evaluation if you would like CEU credit
- The Evaluations help FRPA gather feedback for speakers and future education. Everyone is encouraged to complete one.
- Please leave seating in all classrooms and General Sessions as it is upon entry as these are in place per safety protocols.
- Follow current Conference mask, safety, and physical distance protocols at all times.
- Keep your personal pen handy to cut down on sharing writing devices (and germs!).
- Respect the comfort of others by judging your interactions based on what color wristband they have chosen.



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**Live Financially Well:  
Your Prosperity Roadmap**

**Welcome to the 2021  
FRPA Conference!  
August 30 - September 2**

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## Learning objectives

1. Identify the psychology of money & how our mindset affects our behaviors & outcomes.
2. Outline the elements of a solid financial foundation & apply this to our own budget & lifestyle.
3. Discuss & summarize the actionable steps & roadmap to financial prosperity & how to overcome the obstacles along the way.

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## Importance for Employers & Community

- Financial strain:
  - Top cause of stress
  - Low productivity
  - Turnover
  - Poor health outcomes
  - Higher medical spend
  - Decreased mental & emotional wellbeing
  - Broken relationships & homes
  - Cycle of poverty (stuck)

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## The HOW to Living Financially Well

- Living financially well is NOT:
  - Achieved solely through knowledge
  - Just about the numbers
  - Making tons of money
- Living financially well is:
  - Aligning mindset & behaviors
  - Creating a healthy relationship with money
  - Creating a sustainable & fluid prosperity roadmap

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## Money Stories & Scripts

- Past influences & current money mindset
  - Beliefs, attitudes, perceptions, self talk
- Emotions around money & triggers
  - Effect on spending & saving habits
- Money personality & tendencies
  - Balance



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## What Society says about Personal Finances

- **No money, no problem! Finance it!**
- **SALE!! Hurry in!**
- **Debt is normal....everyone does it!**
- **If you want it, buy it!**
- **Spend, spend, spend!**
- **You deserve it!**
- **Don't you want to be like everyone else?**

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## Recipe for Success

- Mindset & behaviors aligned
- Sustainable process
- Right attitude

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## What & Why: Budget/Prosperity Plan

- Your PERSONAL spending & saving plan
- You take control
- Tell your money where to go
- Visual & concrete

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## Who, When & Where

- Who: EVERYONE needs a budget
- When: new budget every month
- Where: budgeting method

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## Budgeting Tips

- Add income +/- or cut expenses
- Plan for seasonal expenses
- Shop around/price compare
- Can I afford it?

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## The Cost of Debt

- When we buy things we cannot afford:
  - Average new car payment: \$554
  - Average student loan payment: \$393
- Financial Toll
  - Investing \$554 a month (8% return) over 30 years: \$825,659
  - Investing \$393 a month (8% return) over 30 years: \$585,711
- Emotional Toll:
  - Health?
  - Delaying.....?

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## Fully Fund Emergency Fund

- Buffer between you & life's curveballs
- Unexpected, necessary & urgent
- 3-6 months of living expenses
- Keep it liquid

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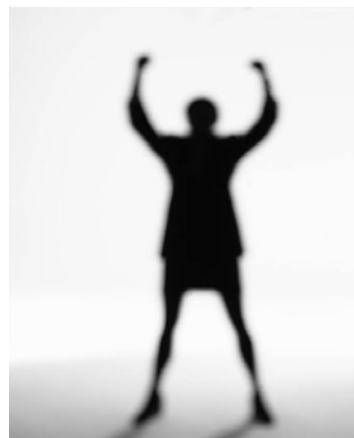
## Saving Goal: Sinking Funds

- Sinking Fund
  - Dedicated & intentional savings plan
  - Planned purchases
  - Line item in budget
  - Separate from emergency fund

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## Keys to Success

- Attitudes
- Habits
- Perspective



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## Protecting your Health & Wealth

- Protect your most precious asset: YOU
  - Investing in health is wealth promoting
- Protect your income and assets
  - Insurance

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