

January

2019

Want to improve your financial health in 2019?

Financial health is a very personal state that when reached, can give you financial freedom of choice. Financial health can be achieved by adjusting our habits in the following areas :

- How we spend¹
- How we save¹
- How we plan¹
- How we borrow¹
- How we choose to share our money

To find out how you get on your way to a financially healthier you, ask your HOPES medical provider for a referral.



Healthy Money Habits

Newsletter

HAPPY NEW YEAR

Happy New Year!

The New Year can serve as a “clean slate,” or “new start,” and can be used to make improvements, rebuild or simply reflect on our actions. A very common way in which some take advantage of this “clean slate” opportunity is to drop those extra pounds, others choose to go back to school, to travel or enjoy life a little more. But why not take advantage of this “clean slate” opportunity to set some financial goals? Why not start your journey towards financial health? If you are not sure where to begin, you can start by asking yourself a very important question, and be honest with yourself when you ask “What do I want for MY life?” The answer to this question can guide you towards setting SMART goals that can increase the chances of achieving them. Not sure what SMART goals are? Read the box to the right to find out.

Dear Financial Coach...

Q: I am interested in giving my finances a makeover. I have never really looked at what I spend, how I spend it or where I spend it. This is very overwhelming and I feel irresponsible for not doing this sooner. Where or how do I start?

A: Thank you for your question, this is actually a very common issue. My first question would be, why do you want to address this and how important are your finances to you? The very first step in setting goals is finding your why. The next step would be to take inventory of all your debt, track your expenses and set a budget. There is more to it, however, I would encourage you to meet with a financial coach and explore the benefits of such. Giving your finances a “makeover” is a great way to get to assess where you stand financially and from there, you can set goals that will help you reach financial health. Make 2019 the year you start your journey to financial health!

From all of us here at HOPES, we wish you and yours a happy, healthy and successful 2019!

What are SMART goals?

SMART is a short statement that provides structure and guidance through goals.

Specific. Your goals have to be very specific. The more specific, the better chances you have of reaching the goal.

Measurable. You need to be able to identify what it is that you will see at the end.

Attainable. Does the outcome outweigh the effort? Investigate whether the goal is really acceptable to you.

Relevant. Do you actually want to reach that goal? Why? What will you do once you achieve it? Will you be able to sustain it?

Timely. Keep the timeline realistic and flexible. Remember, you don't want to be too stringent on the time, allow some room for life to happen.

To find out how YOU can set your own SMART goals, contact the Financial Coach.