

Its' the last month of 2020!

Although there is still so much uncertainty in the upcoming year of 2021, we can try to prepare ourselves for the new year based on what we've experienced.

Reflect

Think about the things you have accomplished this year. Where you able to spend more time with your family? Have you been able to work on things around your home that you've been wanting to get done? Let yourself feel proud, it's been a hard year.

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With success always comes room for improvement.

...

Think about the things that you could have done better. Was it difficult to find a new job? Maybe you need to work on your resume. Did you lack savings or budgeting skills to get through the months without income? Maybe it's time to get a financial coach through a program like **Healthy Money Habits at HOPES?**

Set new goals

*First, tie up any loose ends from 2020 (appointments, to do lists etc.) so you can start off on a new page

*Write down the things that worked and that you want to continue doing

*Write down your goals. Include actions on how you can work on those goals.

*Post them somewhere you always look so you work on them every day



Healthy Money Habits

December 2020 Newsletter



Did you know in 2019, the average amount spent during the Christmas holidays was \$1,496!?!¹ Last year, "22% of Americans believed their Christmas spending would leave them in debt."¹ Even if you only plan on getting one person a gift, you may end up just getting everyone a gift (woops). Your one \$40 gift can become \$1,496 on your credit card. Do not be that 22%! This month we will be discussing some alternatives so you can still make your family members feel special without maxing out those credit cards or getting into more debt.

❖ **Do a gift exchange and set a spending limit!**

A gift exchange is a great way to make sure everyone gets a gift without a high expense. You place the names of those participating in a hat and have everyone draw a name. Now you are only responsible for one gift.

❖ **Handcraft your gifts**

The holidays are to remind those close and dear to you that you thought of them. Often this can get lost with all the new games, gadgets, accessories, etc. Craft something you know will make your loved ones feel special.

→ Create a collage, make them a card, or write them a letter

→ Crochet something you know they will use/wear

→ Paint their favorite character, artist, etc. on a small canvas

→ Use your pottery skills to make a vase, mug, etc.

→ Build them a wire lantern or mold an abstract sculpture

❖ **If you buy gifts, set a budget!**

Setting a budget means you determine the overall amount that you want your expenses to stay under or within. You should set a maximum amount based on how much you can afford to spend without depending on your credit card. The maximum on your credit card should not be your budget. Once you set your budget, divide the total by the number of people on your gift list. If you budget \$20 each and happen to spend less (let's say \$15) save the change, don't place it toward someone else's gift. Use sales and price comparison apps to get the most for your money.

What is the Healthy Money Habits program all about?

Healthy Money Habits is a free program for Northern Nevada HOPEs patients. Finances can affect your health by increasing your stress, which can make you vulnerable to illnesses.

We are here to help you reach financial wellness by providing financial education, coaching, and other services.

Let's work together to set and reach your financial goals.

Remember that financial health is part of your overall health!



Disclaimer: We are not financial advisors or counselors. We do not offer credit/ debt advice, financial help in the form of money, tax preparation, or employment services.



Contact Us

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Healthy Money Habits December 2020 Newsletter

Find the financial terms:

Y	F	I	N	U	P	T
D	I	F	T	A	I	N
A	N	N	Y	D	H	E
Q	A	D	E	R	C	M
V	N	R	N	X	A	Y
T	C	Y	O	N	O	A
L	E	J	M	W	C	P

Key:

Credit
Finance
Money
Coach
Payment

SAVE THE DATE

December is:

Universal Human Rights Month

December 1st: World AIDS Day

December 1ST -7TH: National Handwashing Awareness Week

December 24th: Christmas Eve

December 25th: Christmas

December 26th: Kwanzaa

December 31st: New Year's Eve

November Answer Key:

5	7	6	8	4	1	9	2	3
2	8	1	9	6	3	5	4	7
4	3	9	2	5	7	6	1	8
1	2	4	5	9	8	3	7	6
3	6	8	1	7	4	2	9	5
9	5	7	3	2	6	4	8	1
6	4	5	7	8	9	1	3	2
7	9	3	6	1	2	8	5	4
8	1	2	4	3	5	7	6	9

<https://printablesudoku.blogspot.com/2012/05/printable-sudoku.html>

1. G.Dautovic. "Christmas Spending Statistics: Deck the Halls with Boughs of Money." *Fortunly*, 18 June 2020. <https://fortunly.com/statistics/christmas-spending-statistics/#:::text=Christmas%20Spending%20Facts%3A%20Amounts%2012.%20In%202018%2C%20U.S.spent%20on%20Christmas%20gifts%20and%20gift%20cards%3A%20%24511.>