



Adult Education

April is National Financial Literacy Month, which is designed to create awareness about the importance of personal financial education. Throughout the month, we will be exploring different financial education topics with specific age-minded activities and links, designed for your use at home.

This week's topic is Good Money Habits. Building good money habits can increase your wealth and help set you up for financial success. When you model this behavior for others, they will likely adopt these habits as well. Good money habits will help you learn how to budget, save money, and work towards your financial goals. Having bad money habits, such as not budgeting your money and over-spending, can leave you vulnerable for unexpected emergencies and can leave you living paycheck to paycheck; not to mention unprepared for retirement. Breaking bad habits does not happen overnight, but you can improve your situation by taking small steps to making better money choices. Before you know it, you will be making strides towards good money habits.

Articles and Video

1. Better money habits to start in 2022

<https://mint.intuit.com/blog/goals/better-money-habits/>

2. Looking for some fun, money saving challenges?

<https://www.clevergirlfinance.com/blog/money-savings-challenge/>

- 15 Money Habits That Will Change Your Life in 2022

https://www.youtube.com/watch?v=MFTAdkU_8pk



Read these Good Money Habits to complete the puzzles that follow.

Good Money Habits

1. Auto-transfer money into savings (Saving Regularly, Paying Yourself First-PYF).
2. Budget your money, a plan consisting of what you are allowed to spend in each category.
3. Live below your means or at least within your means.
4. Reduce credit card debt.
5. Automate your finances (bills on autopay).
6. Build your emergency fund (3-6 months worth of expenses).
7. Review your bank statements (catch unauthorized transactions).
8. Be sure your 401k withholding percentage is at least what your company is matching.
9. Cut unnecessary expenses (subscriptions, stop overspending on wants).
10. Prioritize your student loan repayment.
11. Keep track of your account balances, know what you have at all times.
12. Review and cut back on your regular expenses (reduce your utility bills when possible).
13. Stop paying higher interest rates, look for lower interest credit cards or a lower interest debt consolidation loan.
14. Get the right insurance for you.
15. Track your financial progress.

Bad Money Habits

1. Racking up credit card debt- An average American has a \$6K credit card balance.
2. Shopping when you're bored.
3. Impulse purchases can really add up.
4. Shopping for status, to keep up with others.

How to Stay Motivated

1. Make a list of your financial goals and check them off as you achieve them.
2. Follow influential people to learn more about the financial world.
3. Create a routine and stick to it.
4. Use a budgeting app to help you keep track of your spending.
5. Celebrate your successes along the way!



Helpful Hints by our cited articles and video from page 1

1. Use coupons and discounts, be wary of BOGO's! They are not always a great deal as the price for the first item is often raised.
2. Avoid emotional spending.
3. Create a financial goals list, with pictures.
4. Set a shopping timer-Get out of the store within a certain amt of minutes.
5. Delete Credit Card autofill on your mobile devices, it makes shopping online too easy! Make yourself get up and get the card number (you probably won't).
6. Meal prep lunches, keeps you from going out to lunch most days.
7. Shop less often, less trips to grocery store.
8. Do a no-spend week or weekend, possibly once a quarter. Find things to do at home or free events around your area.
9. Use cash, especially for splurge items. At the same time, put the same amount you spent into a savings account. It can help you feel less guilt for your "splurge" spending!
10. Have visuals/pictures or lists of your financial goals. Keep the visuals in sight as reminders.
11. Use cashback apps, like Rakuten and Honey. Get paid for regular purchases!
12. Before you shop, get organized. Take an inventory of what you already have. This is especially important before you grocery shop or go back-to-school shopping.
16. Save money with substitutions, generic products. Shop at discount stores.
17. Send your savings into a savings account. When you save money on a purchase, put the amount you saved into a separate savings account.
18. Save your bonus cash.
19. Have a plan for spare change.
20. Go clean in 1 spending area (cut back where there's redundant spending).
21. Track your expenses (keep a spending journal). You may be surprised how much you spend on items like coffee or snacks every week.

"You can have just about anything you want, you just can't have everything right now".

- Author Unknown

"Habits are the compound interest of self-improvement."

-James Clear



Good Money Habits To Teach Your Children



Young Children:

1. Open a savings account for when he or she is born.
2. Play money games with your child.

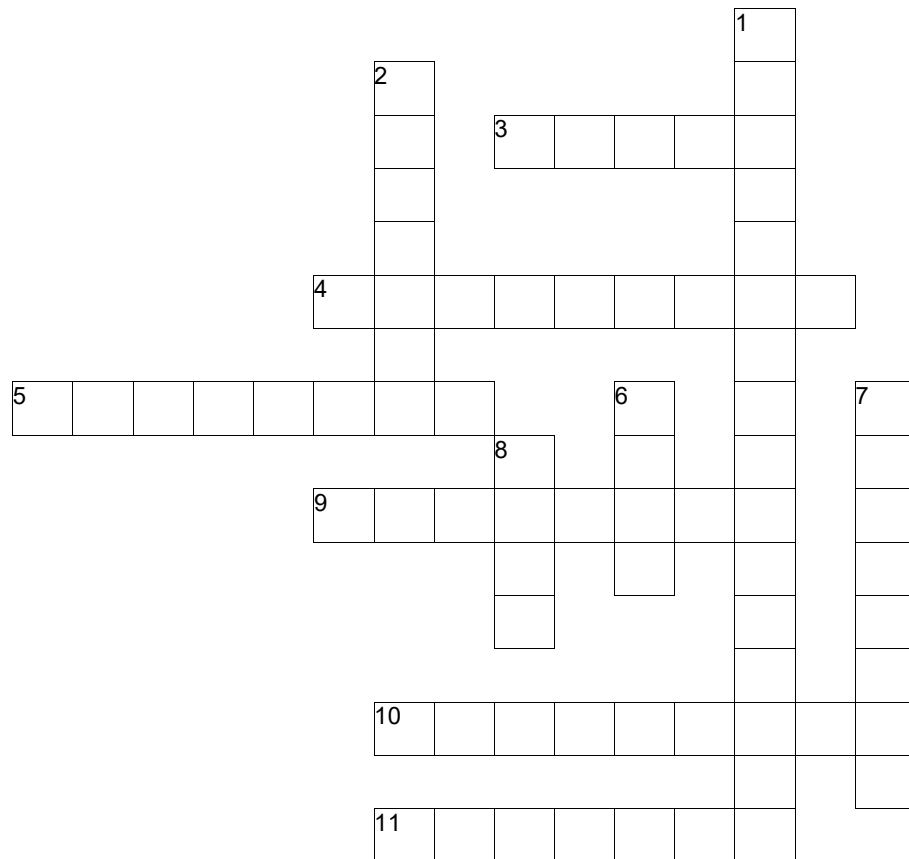
Older Children:

3. Encourage regular savings practices.
4. Model good financial behavior.
5. Have them practice counting money.
6. Pay your child an allowance for designated chores, teaching how we earn money.
7. Help your child learn to budget their earnings (Spend, Share, Save).

Teens

8. Teach your child how to use debit and ATM cards, and the differences between the two.
9. Involve them in shopping, choosing the best products for the best value, for example.
10. Show them how to budget money that they have earned. (Spend, Share, Save)
11. Let them wait to buy something they want, learning to be patient and to save. They may appreciate the item more if they have to wait (delayed gratification).
12. Let them make mistakes, this can be hard! But when they waste their money on something they barely use, they may learn a lasting lesson.
13. Discuss establishing credit and the importance of borrowing wisely.

Tips for Good Money Habits Crosswords



Across

- 3. Have a plan for (blank) change
- 4. Before you shop, get (blank)
- 5. Use (blank) Apps
- 9. Track your (blank)
- 10. Avoid (blank) spending
- 11. Use (blank) and discounts, be wary of BOGO's

Down

- 1. Keep your (blank-two words) at another financial institution
- 2. Save money with (blank) household products
- 6. Use (blank) for splurge items
- 7. Pay (blank) First
- 8. (Blank) prep your lunches

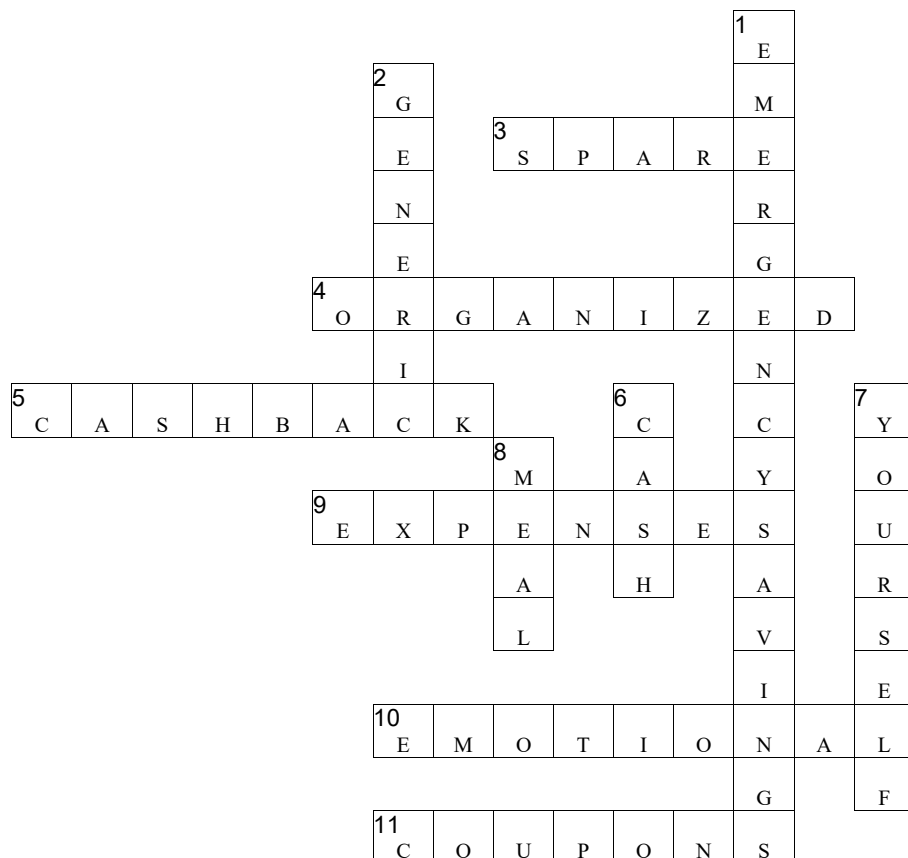
Good Money Habits Word Find

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

Spare Change Track Expenses Organization Cashback Apps
 Meal Prep Coupons Budgeting App Financial Goals
 Stay Motivated Insurance Student Loans Automate Savings
 Prioritize Reduce Debt Budget Auto Transfer Overspending
 Emergency Fund



Tips for Good Money Habits CW KEY



Across

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Good Money Habits KEY

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

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