

CHANGING UNHEALTHY FINANCIAL HABITS

Consider your financial habits and behaviors. Look at the list below and check off each unhealthy behavior that you engage in. Then, choose two that you would like to improve and complete the action steps on each.

Unhealthy Financial Behaviors:

- not opening bills when they arrive
- purchasing items that are not on your needs list
- impulse buying
- spending on wants before saving or spending on needs
- not having an emergency fund
- making all purchases with credit
- putting off starting a retirement fund
- making minimum credit card payments
- maxing out credit cards
- spending more than you earn
- not having a spending plan/budget
- paying bills late
- not knowing interest rates on loans, credit cards
- accruing debt/borrowing money
- not having a savings goal or plan
- making convenience purchases (daily coffee, fast food, etc.)
- keeping unused subscriptions
- nonessential tech upgrades
- not reviewing statements
- not knowing your credit score
- using payday or cash advance loans
- Other _____

Create an action plan to start making those changes in the next 30 days.

Example: Change: purchasing items that are not on my needs list (grocery list)

Goal: Reduce from 5 extra purchases to 2 each week.

Steps to reach goal: Write a thorough grocery list and stick to it.

Or online grocery shopping with free curbside pickup (stay out of the store).

Change #1: _____

Goal: _____

Steps to reach goal: _____

Change #2: _____

Goal: _____

Steps to reach goal: _____

*Note: You can also use the Goal Setting exercise available on the platform for each of the changes you plan to make.