

Achieving Financial Health & Well-Being

SKILLS FOR SUCCESS



Brain:

CONSIDERING YOUR TRADE-OFFS

Think about the trade-offs associated with any financial decision – what you are giving up today or in the future.

Eye:

PLANNING AND SETTING GOALS

To look to the future, plan, set goals, save and invest wisely to help achieve hopes and goals.

Ears:

LISTENING TO GOOD ADVICE

For listening to the advice of those who can provide help and guidance in making good financial decisions.

Mouth:

ASKING GOOD QUESTIONS

For asking questions and getting all the important information needed.

Backbone:

BUILDING CONFIDENCE

To develop the confidence and self-efficacy that help one to stay in control.

Hand:

PREPARING A BUDGET

To prepare a budget and keep track of money and where it is going.

Knee:

ADAPTING TO CHANGE

To bend and change plans if circumstances or events in life change.

Feet and Legs:

GETTING MONEY

For taking steps to seek out and find, or create, meaningful and quality employment if required.

Eye:

USING CREDIBLE INFO

To access and use good, credible information.

Nose:

RECOGNIZING FRAUDS AND SCAMS

To detect when one is possibly being taken advantage of by others.

Neck:

BORROWING WISELY

For taking on debt when it is wise and helpful to do so.

Heart:

DECIDING, AND ACTING, WITH COMPASSION

For considering the needs of others and providing help assistance as possible.

Hand:

PAYING TAXES YOU OWE

Pay required taxes, but no more, and complete all eligible tax credits.

Fingers:

INSURING THINGS OF VALUE

To count all things of value that need to be protected by insurance as other means.

Knee:

MAKING THOUGHTFUL DECISIONS

Avoid knee-jerk quick financial decisions. Take the time for thought and consideration.

"Money and Youth: A Guide to Financial Literacy" can help develop skills. Visit: www.moneyandyouth.cfee.org