

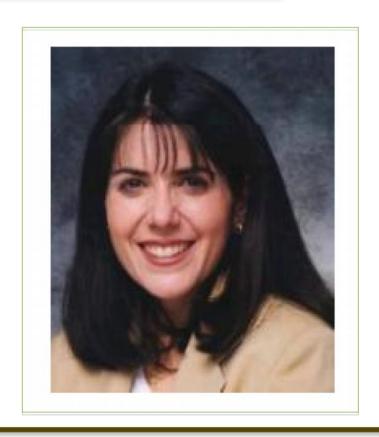
# Improving Finances, Improving Lives

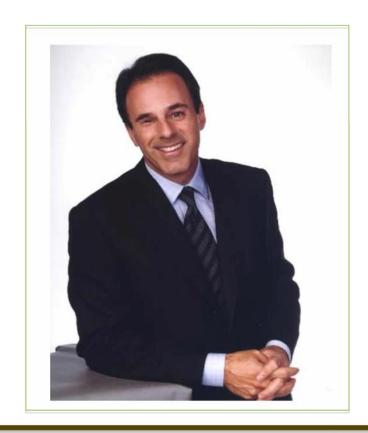






## About 100 Years Ago...











#### How Would You Describe Your Relationship With Money?

- Confusing
- > Frightening
- > Criminal
- > Chaotic
- Necessary Evil
- > Stressful
- > Precarious
- > Unstable
- Unnecessarily Complex



#### Effects of the Great Recession

- ➤ Household Net Worth Down 40%
- ➤ 14% of Mortgages Remain Underwater
- ➤80% of People Say Someone In Their "Circle" Recently Laid-Off

## Changing Financial Responsibilities

#### **Prior Generations**

- > Pensions
- Employer-Provided Healthcare
- Confidence in Medicare/Social Security

#### Today's Workers

- > 401(k)s and Other DC Plans
- ➤ Higher Co-Pays and Deductibles
- > Faltering Confidence



## Financial Literacy in America

- Americans don't understand basic financial concepts
- Investors don't know how to avoid investment fraud
- Women, African-Americans, Hispanics, the elderly, the uneducated, trail further behind

### Women, Men and Money

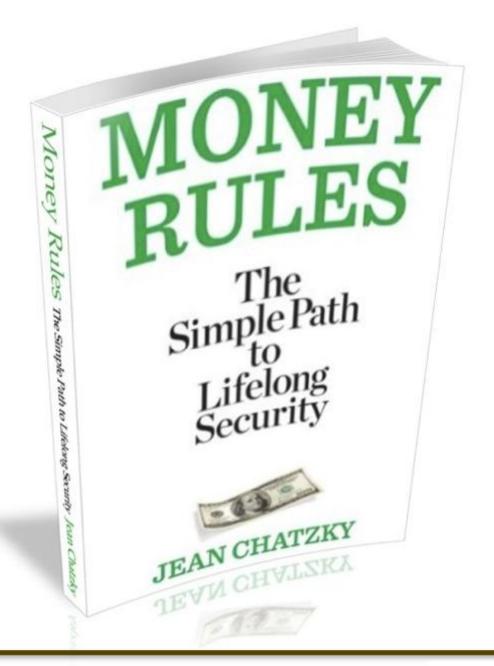
- > Emergency Cushions
  - >43% of women, 63% of men
- Comfortable with Debt Levels
  - >52% of women, 71% of men
- Rebalance Investments
  - >25% of women, 49% of men

#### 5 Habits For Financial Success

- 1. Earn a decent living
- 2. Spend less than you make
- 3. Save, then invest, what you don't spend
- 4. Protect your financial life with insurance, estate plan
- 5. Give back

#### Stuck At Step Two

- 1. Earn a decent living
- 2. SPEND LESS THAN YOU MAKE
- 3. Save, then invest, what you don't spend
- 4. Protect your financial life with insurance, estate plan
- 5. Give back





# Personal Finance Is More Personal Than Finance



Just Because
Someone Will
Lend It To You
Doesn't Mean
You Should
Borrow it





# Don't Shop Angry





# Don't Shop Sad



# Don't Shop hungry



# This Is A True Story



Money Is
Simple,
People
Make It
Complicated



## Does Money Make People Lose Their Minds?









## Money = Irrationality





# Divvy It Up?



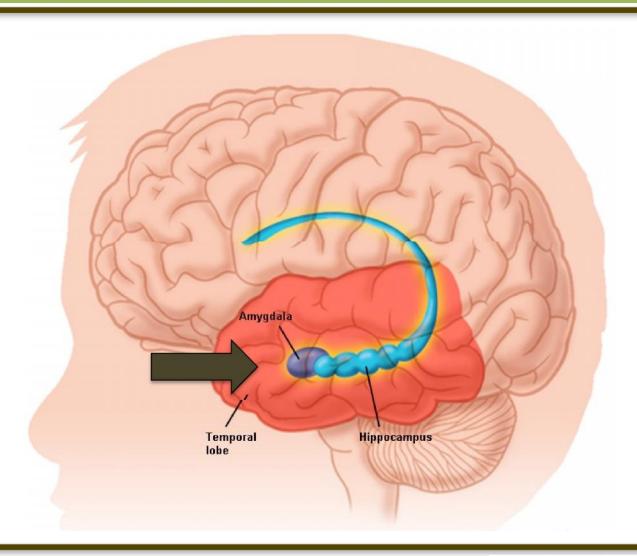




## If There's Already A Bandwagon, You're Too Late To Get On It



## The Amygdala





If You Can't
See It And
You Can't
Touch It, You
Won't Spend
It



## Automate

## Save For Something



## Your Brain and Money Choices



You see something you want



Pleasure center in the brain fires up

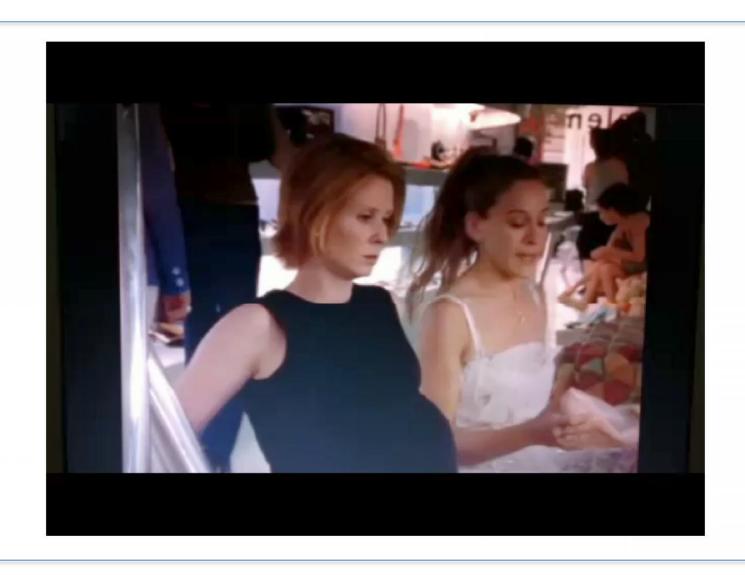


You get the item



Dopamine rush





## Psyche Yourself into Saving: Visualize Your Goals

It's not...



Or

"Retirement"

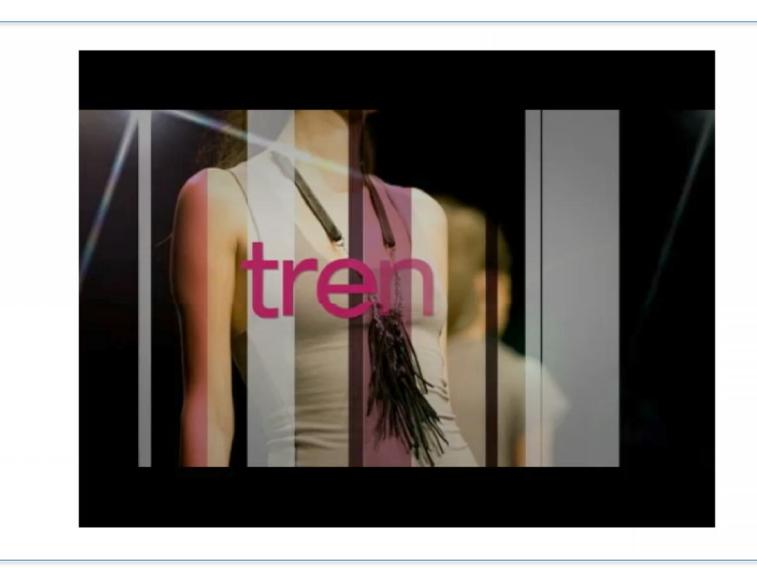
It's...



Or









#### What's The Difference?

Why is it that some people seem to move relatively easy from paycheck-to-paycheck into comfort or wealth, while others get stuck – or worse – fall back?



## The Upside Of Optimism

- Happiness leads to more money
- Happier people live longer, healthier
- Happier people have more job success
- Moderate happiness is key



### Leave The Jargon At The Door

- Almost 60% of women say financial jargon is confusing.
- More than 50% say it makes it difficult to act.
- ➤ Only 12% of US adults have proficient health literacy.

## My Mother Elaine





F.R.IENDS



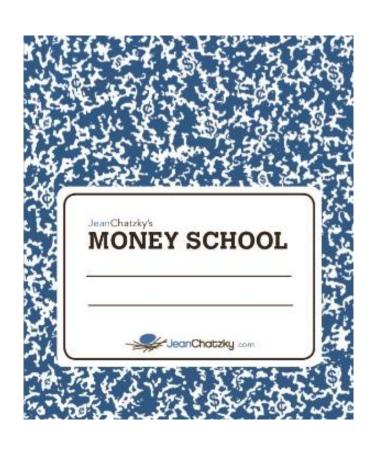
#### We Know What We Don't Know

- ➤ Men learn: From technology
- ➤ Women learn: From other people
- Men judge: Financial advisers on return
- Women judge: On whether the approach is holistic

### And The Biggest Difference?

- Peace of Mind is 7x More Important Than Accumulating Wealth
- ➤ Half of women one-third of those earning \$200K annually – have bag lady fears

### Money School



- A series of livewebinars taught by me
- Topics my readerswant: Debt, Retirement,Budgeting, Saving
- Affiliate program with revenue share

## How To Reach Me



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