

# IMPROVING Financial Health

## *Understanding the Psychology of Money*

Money is deeply tied to our emotions, habits, and beliefs. By exploring the psychology of money, you can identify patterns that shape your financial decisions and create strategies to improve your financial well-being.

### Reflect on Your Money Mindset

- Think about the messages you heard about money growing up.
- Identify how you feel about spending, saving, and investing.

### Recognize Common Biases

- Are you prioritizing instant gratification over long-term goals?
- Does fear of losing money hold you back from investing?
- Is social comparison influencing your spending habits?

### Build Positive Habits

- Track your spending with an app or notebook.
- Set up automatic transfers to savings or retirement accounts.
- Use the 50/30/20 rule:  
50% for needs/30% for wants/20% for savings.

### Reframe Money as a Tool

- Align your financial decisions with what matters most to you: stability, freedom, or generosity.

### Seek Knowledge and Support

- Read a book, attend a workshop, or meet with a financial advisor.
- Celebrate small wins—every step forward counts!

**Start with one or two steps today.  
Progress is progress, no matter how small.**