

FINANCIAL FIRST AID

Your financial health check for a changing world.



1 YOUR 4 FINANCIAL VITALS

Check your vitals. Small steps today prevent big problems tomorrow.

CASH FLOW

Know what comes in. Know what goes out.



Track your spending before trying to change it.

EMERGENCY SAVINGS

Financial blood supply builds a cushion so life's expenses don't drain you.



Small contributions become protection.

2 WHEN THE WORLD CHANGES

We can't predict everything. But we can prepare.



INFLATION

Prices rise. Your purchasing power changes.



GLOBAL EVENTS

Unexpected events affect jobs, markets and household expenses.



AI & TECH

Careers evolve. New skills create new opportunities.

FINANCIAL AWARENESS

Know your numbers. Take control.



TRACK

Where does my money go?



QUESTION

Do I actually need this?



PLAN

What am I saving for?

Awareness turns confusion into confidence.

FINANCIAL FLEXIBILITY

Can your budget bend without breaking?



A strong plan leaves room for the unexpected.

3 YOUR FINANCIAL FIRST-AID KIT

Tools to help you stay healthy financially.

STOP THE LEAKS

Cancel unused subscriptions. Review recurring expenses. Watch unnecessary fees.

KEEP MONEY FLOWING

Cancel unused subscriptions. Review recurring expenses. Watch unnecessary fees.

PREPARE FOR EMERGENCIES

Build an emergency fund before focusing heavily on wants or needs.



TREAT HIGH-INTEREST DEBT

Understand how interest works and prioritize expensive debt.

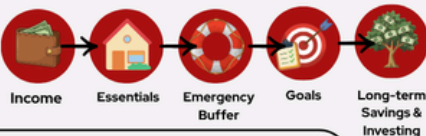
NOURISH YOUR FUTURE

Once your foundation is stable, learn about long-term saving and investing.

DON'T BUILD A FINANCIAL PLAN FOR A PERFECT WORLD. BUILD ONE THAT CAN ADAPT.

4 BUILD A SYSTEM, NOT JUST A BUDGET

A system keeps you strong, even when life gets tough.



A budget tells you where your money goes.

A financial system helps you decide where your money should take you.

5 YOUR FINANCIAL CHECKUP

A few questions to keep you on track.

- ✓ Do I know where my money is going?
- ✓ Do I have an emergency cushion?
- ✓ Am I prepared for unexpected expenses?
- ✓ Do I have a goal I'm saving toward?
- ✓ Have I learned the basics of investing?
- ✓ Can my plan adapt if my circumstances change?



Start Small

You don't need a lot to start, just a plan.



Stay Consistent

Small actions, consistently, create big change.



Keep Learning

The more you learn, the more confidently you can grow.

FINANCIAL HEALTH ISN'T ABOUT HAVING MORE. IT'S ABOUT GIVING YOUR FUTURE MORE CHOICES.