MONEY MINDS

Being financially resilient

What we learned in this episode

Just like on the football pitch, reaching your financial goals takes practice and effort. By building your knowledge and skills, you can feel confident when it comes to money management and dealing with challenges.

Top Tips for managing your money

- **Know your budget:** Make sure you understand how much money you have coming in and going out, so you can work out how much you have left to spend and save.
- **Have a plan:** Building good habits and proactively managing your money can help you to feel organised and in control. Keeping a rainy day pot of savings helps for those moments when an unexpected expense comes up.
- **Face the challenges:** We all face hurdles and setbacks sometimes. Keeping prepared and having knowledge about your money puts you in the best place to handle any bumps in the road.

My money goals are...

My monthly budget is...

An example of a time I overcame a challenge is...