

When Resources are Tight: Start with Awareness, Not Guilt



Track expenses for one month to identify spending patterns



Respect boundaries, including your own



Set a “no blame, just plan” rule for the conversation

Couples & Money

Three Approaches:

1. Fully combined
2. Fully separate
3. Hybrid: joint account for shared expenses, individual accounts for personal spending.

One Team:

- Create shared goals (not just shared accounts)
- Discuss conflicting money personalities
- Embrace what excites you about money

Teaching Kids about Money: Build Habits, Not Fear

Ages

Tactic



Ages 3-9 years

Use technology or clear jars for saving, slowly transition from instant reward to delayed gratification



Ages 10-13 years

Introduce budgeting, increase the responsibilities with their money, open a saving account, increase their vocabulary (*Teach key money words: save, spend, donate, interest, debt*)



Ages 13-18 years

Real consequences for real choices, require budgeting before payday, don't just talk about it, increase the items they need that they are responsible for, extend the learning



Ages 18-25 years

Provide education: student loans, first jobs, first apartments, credit. Talk about investing, but don't pressure them. Give clear communication on what you will or won't provide.

Supporting Aging Parents: Prepare with Love, Not Panic

Essential Conversations

- Do they have a will, power of attorney, and healthcare directive?
- Where are important documents and account information stored?
- What are their wishes for end-of-life care and living arrangements?

Siblings & Legacy

- Have transparent conversations while parents are alive and able
- Put agreements in writing, even informal family agreements
- Consider a neutral third party for difficult discussions

Estate Planning Essentials

- Will, Trust, Power of Attorney, Healthcare Directive
- Keep beneficiary designations up to date on retirement accounts and insurance



Want Support Creating Your Plan?

Scan the QR code to meet with a certified Financial Coach, we'll help you turn conversations into action. **100% Confidential.**