

# Make Your Doodles Worth Something

## *Mapping out financial success*

Sometimes getting things down on paper is a great first step — this can be especially true for financial matters. Mapping out your finances can help you see what you have and what you might need. Putting things in black and white can also help you set well-defined goals — giving you a clear reference point to return to should your goals change. Plus, you can get a clear picture by seeing your progress — and also get some encouragement. Some ideas for becoming more financial fit include:

### **1. Be Transparent**

Bringing transparency to your relationship with money can help you see things more clearly. Start with yourself — write down all your assets (money you have and money that is regularly coming in, like a paycheck) and your liabilities (this is money going out — in most cases, regular bills for housing, transportation, groceries, and other needs). This can give you some idea of where your money is coming from and where it is going — also, if there is any extra that could be saved or wisely invested. Your Employee Assistance Program (EAP) can help you get started with this process.

After you have a clear picture of your finances, you can do the same exercise with your partner, spouse, or anyone that you are in a relationship with where you share household finances or a business. This clarity can be extremely helpful as you work together to show all aspects of your finances and how you can best work together.

### **2. Discuss Openly**

Disagreements about finances can often add additional stress to a relationship. Many people find that their partner may have a different approach or philosophy on savings, budgeting, and spending. Whether you have a spouse, partner, or currently manage your finances alone, sometimes it is helpful to talk to an objective third party who is well-versed on the subject. That is where your EAP can also help. Working with someone who has a neutral view can often bring about better clarity and understanding.

### **3. See Your Success**

Seeing your progress can be a great motivating force, so keep up to date with your financial planning and figures — and review your plan from time to time. Realizing how well you are doing can really urge you on to even greater success. In addition, seeing

your goals and how you have prioritized them can be a reminder of the reason for your sacrifices and hard work. This gives you the added incentive to persist.

### **5. Gain Knowledge**

One step towards better financial success is a better understanding of all that is available to you. Your EAP can help with this. Financial consultants can walk you through what you need to know to be more financially savvy and help you plan your future. This can be especially important for retirement, paying for yours and your children's educations, planning for special events, like weddings, anniversaries, and vacations. Sometimes you just need a little extra guidance to help you meet your goals. You can also consider self-study online, through free seminars and webinars. Plus, your personal bank may have information available, too.

### **6. Become Financially Healthy**

By creating a clearer picture of your current financial situation and your future goals, mapping out your economic future can bring you financial fitness. Like physical fitness, it may require a few sacrifices and it may seem like it is slow going at first, but soon, you will be flexing your financial muscle and feeling in better shape financially. Being in good financial health can help give you peace of mind, so call your EAP, today.

**Employee Assistance Program**

**24 HOURS A DAY**

**(800) 222-0364**

**TTY: (888) 262-7848**

**FOH4You.com**