


# Managing Financial Stress

August 7, 2012  
Dennis Dornink, CEAP, LMHC



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## Objectives

- Understand your FICO score
- How to avoid and overcome a Financial Crisis
- Identify needed steps for a personal budget
- Remember your EAP

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## Sayings about Money...

- Waste not - want not
- A penny saved is a penny earned
- A fool and his/her money are soon parted
  - W.C Fields: There is a sucker born every minute
- Money can't buy happiness but , not having it sure can cause misery...it gives choices.

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## Financial Stress?

- Are you behind in your payments?
- Are you only able to make minimum payments on your credit cards?
- Is your take home income less than your monthly expenses?
- Does worry about financial problems affect your sleep?

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## Financial Stress?

- Are you taking cash advances to meet monthly expenses?
- Do you use one credit card to pay another?
- Are you arguing more with your partner?
- Does you partner know all of your debt?

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## Current Situation

- As a world, nation, state, city...
- As a family, individual

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## Current Situation

- USA **Red - current**
  - Debt \$14.8 Trillion – **\$15.9**
    - Per Citizen \$47,506 – **\$50,717**
    - Per Taxpayer \$132,162 – **\$139,647**
  - Deficit \$1.3 Trillion – **\$1.27**
- Iowa Debt \$15.5 Billion / 10.2% of GDP  
**\$15.36/10.02%**  
<http://www.usdebtclock.org/>

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## Current Situation

### Individual Credit/Debt - **Red = 2011**

- Average debt per household with credit card debt: \$15,799 / **\$15,956**
- 609.8 million credit cards / 3.5 per holder
- Average APR 13.10% / **12.78%** with a balance
- US Consumer debt \$2.43 Trillion/**\$2.5**
- 98% of \$793.1/ **\$801** billion Rev Debt is Credit Card
- 3.3% / **2.93%** 30 day delinquent

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## Bankruptcy in the USA

Consumer bankruptcy filings:

- 1.35 million – 2011 – down 12%
- 1.59 million – 2010
- 1.47 million – 2009
- 1.1 million – 2008
- Record 2 million filings in 2005

<http://newsbankruptcy.blogspot.com/2012/01/statistics-for-2011-personal.html>

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## US cards in circulation

- American Express credit: 48.9 / **50.6** mil
- MasterCard credit: 143 / **176** million
- MasterCard debit: 119 / **129** million
- Visa credit: 269 / **261** million
- Visa debit: 399 / **392** million
- Discover cards: Unavailable

<http://www.creditcards.com>

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## Perspective

One Dollar = One Second

- \$1,000,000 – 12 days ago
- \$1,000,000,000 = 31 years ago
- \$1,000,000,000,000 = 31,688 years ago
- US Debt = 468,983 years ago
- Personal Debt = 77,000 years ago

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## Current Situation

- Families - Individuals
  - Un-employment – lay off
  - Shrinking dollar
  - Decline in value of Investments
    - Retirement & Savings
  - Fear, worry, anxiety

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## FICO Score

- Fair Isaac Company
  - Earl Isaac, mathematician
  - Bill Fair, engineer
- Based in Minneapolis MN but offices in NA, South America, Europe Australia and Asia
  - 2200 employees
  - Developed software in 1980's


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## FICO Score

- Fair Isaac is an independent company that developed the scoring method and software used by banks, credit unions, insurers and other businesses
- 2001 information became available to us as result of FCRA (Fair Credit Reporting Act)
- Range is from 300 to 850


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## FICO Score

- 700 and higher = Excellent or Very Good  
Certain lenders offer better rates and/or discounts if you are over 720
- 680 to 699 = Good  
You can get a normal loan.
- 620 to 679 = OK  
You won't be denied but the terms are not going to be too generous

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## FICO Score

- 580 to 619 Low  
That is where bad credit starts, it's not that bad yet. You still get a loan but it's much more expensive
- 500 to 580 Your credit is bad  
You'll get your loan but at a higher rate
- 499 and below – Serious  
will need to repair the bad credit score

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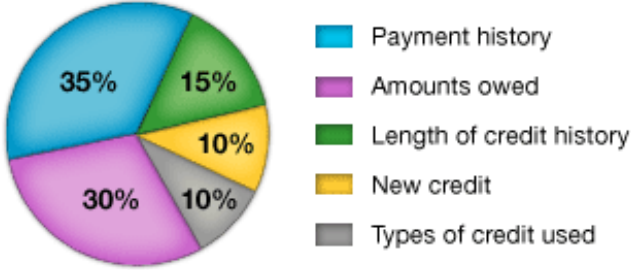
## FICO Score

- 35% = payment history
  - Late payments, collection, bankruptcy
- 30% = outstanding debt
  - Home, Auto, Credit Cards (<25% of limit)
- 15% = length of time you've had credit
  - More time the better
- 10% = new credit (inquiries)
  - The number and more recent
- 10% = types of credit
  - # of loans & available credit from cc

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## FICO Score



Component	Percentage
Payment history	35%
Amounts owed	30%
Length of credit history	15%
New credit	10%
Types of credit used	10%


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## Average FICO Scores

- USA: 690
- Iowa: 711
- Yours: \_ \_ \_
- <http://www.myfico.com>

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## FICO Scores

Percentage of population with credit scores\*

FICO 8 score	2005	2008	2009	2011
300-499	6.6%	7.2%	7.3%	6.3%
500-549	8.0%	8.2%	8.7%	8.7%
550-599	9.0%	8.7%	9.1%	9.9%
600-649	10.2%	9.6%	9.5%	9.8%
650-699	12.8%	12.0%	11.9%	12.1%
700-749	16.4%	16.0%	15.9%	15.5%
750-799	20.1%	19.6%	19.4%	19.6%
800-850	16.9%	18.7%	18.2%	18.1%

\*Fair Isaac estimates about 200 million Americans have enough information in their credit reports to generate credit scores.

Source: FICO

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Firefox | Free FICO Credit Score + Check Your Cre... | www.myfico.com


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Compare Products

Good credit scores save you money | About FICO® scores | myFICO® is the industry's most trusted source

**The higher your FICO® credit score, the lower your payments!**  
See for yourself. Interest rates accurate as of August 11, 2009:


30 Yr fixed mortgage	15 Yr home equity loan	36 month auto loan
FICO® score	APR [?]	Monthly payment
760-850	5.107%	\$1,087
700-759	5.329%	\$1,114
680-699	5.506%	\$1,136
660-679	5.720%	\$1,163
640-659	6.149%	\$1,218
620-639	6.695%	\$1,290

Location: Iowa | Loan amount: 200000 |

Source: Informa Research Services

**Coming to America?**  
If you or someone you know is moving to the US, here's what they need to know about credit.  
[Learn More](#)

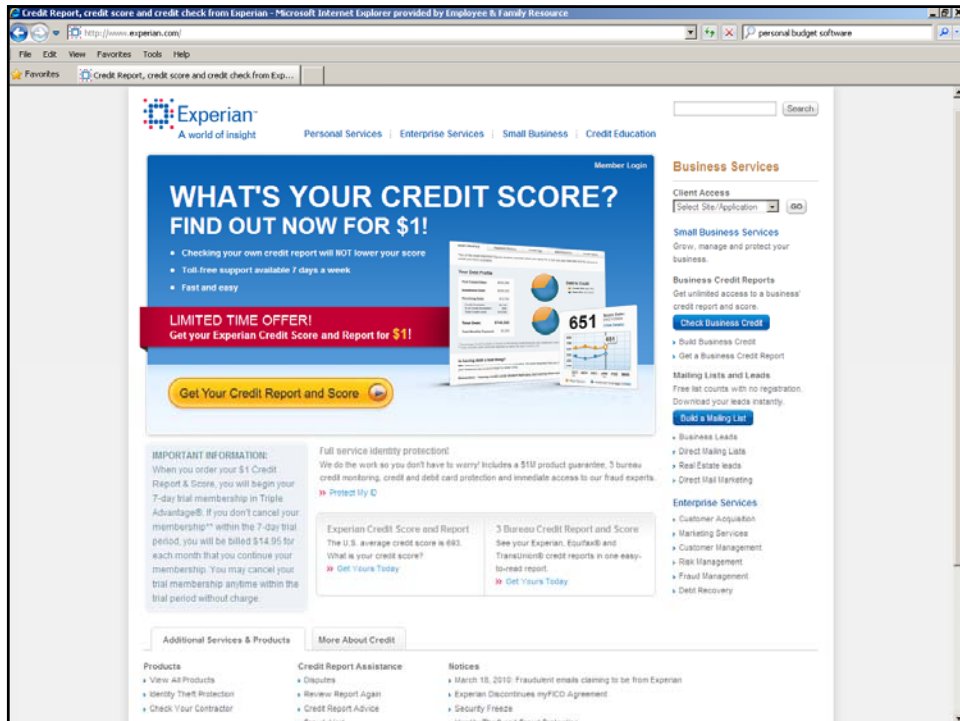
**FICO® Forums**  
Ask questions and get answers from the myFICO® community. Take a look at this topic:  
[Questions on Car Loans, how to co-sign, avoid high interest](#)  
[More topics from FICO® Forums](#)



# Credit Reporting Bureaus

- **Experian**
  - <http://www.experian.com>
- **Equifax**
  - <http://www.equifax.com>
- **TransUnion**
  - <http://www.transunion.com>

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When you order your \$1 Credit Report & Score, you will begin your 7-day trial membership in Triple Advantage®. If you don't cancel your membership\*\* within the 7-day trial period, you will be billed \$14.95 for each month that you continue your membership. You may cancel your trial membership anytime within the trial period without charge.

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We do the work so you don't have to worry! Includes a \$1M product guarantee, 3 bureaus credit monitoring, credit and debit card protection and immediate access to our fraud experts.  
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The U.S. average credit score is 683. What is your credit score?  
[Get Yours Today](#)

**3 Bureaus Credit Report and Score**  
See your Experian, Equifax® and TransUnion® credit reports in one easy-to-read report.  
[Get Yours Today](#)

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Select Site/Application

**Small Business Services**  
Grow, manage and protect your business.

**Business Credit Reports**  
Get unlimited access to a business credit report and score.  
[Check Business Credit](#)

- Build Business Credit
- Get a Business Credit Report

**Marketing Lists and Leads**  
Free list counts with no registration. Download your leads instantly.  
[Build a Mailing List](#)

- Business Leads
- Direct Mailing Lists
- Real Estate Leads
- Direct Mail Marketing

**Enterprise Services**

- Customer Acquisition
- Marketing Services
- Customer Management
- Risk Management
- Debt Recovery

**Additional Services & Products**

**Products**

- View All Products
- Identity Theft Protection
- Check Your Contractor

**Credit Report Assistance**

- Dispute
- Review Report Again
- Credit Report Advice

**Notices**

- March 18, 2010: Fraudulent emails claiming to be from Experian
- Experian Discontinues myFICO Agreement
- Security Freeze

The screenshot shows the Equifax website in a Microsoft Internet Explorer browser window. The address bar displays "http://www.equifax.com/home/en\_us". The page features the Equifax logo at the top left and a "Member Center Log In" link at the top right. Below the logo is a navigation menu with tabs for "PERSONAL", "BUSINESS", "SMALL BUSINESS", and "ABOUT EQUIFAX". The main content area is titled "I want to..." and includes links for "Track My Score", "Protect My Identity", and "Pay Down My Debt". A prominent banner advertises "Take Charge of My Credit and Score 3-in-1 Monitoring with FREE Credit Scores". The banner text states: "Now we're offering our most popular monitoring product with 3 more credit scores FREE, giving you a total of 4 scores per year. It's never been easier to track and protect your credit – and stay on top of your score." Below this, it lists features: "Credit Score Simulator", "3-in-1 Credit Report", "\$1 million ID Theft Insurance †", and "24 x 7 Customer Care". A "Get Started" button is visible. To the right of the banner is a photo of a smiling woman. Below the banner are sections for "Other Credit Services" (Credit Reports, Correct Errors, Fraud Alerts & Freeze), "Customer Care" (Get Answers to Frequently Asked Questions, Corporate Data Breach Assistance, Questions About a Product?), and a "NEW! Personal Finance Blog". A Facebook logo is also present. At the bottom, there is a "SEND US" button and a "POWERED BY" logo.

The screenshot shows the TransUnion website in a Microsoft Internet Explorer browser window. The address bar displays "http://www.transunion.com/". The page features the TransUnion logo at the top left and navigation links for "Home", "Careers", and "Contact Us" at the top right. Below the logo is a navigation menu with tabs for "Personal", "Business", and "About TransUnion". The main content area is titled "Immediate access to your credit scores FREE for 30 days!". Below this, it states "ALL 3 of your credit scores – quick and secure" and lists benefits: "Instant access to your credit scores", "TransUnion, Experian and Equifax credit scores can be updated every 30 days", "Up to \$25,000 Identity Theft Insurance", and "Personalized debt analysis and credit trending". A "Start Your Free Trial" button is visible, along with a "See Your Credit Scores Now >>" button and a "member login" link. Below the main content are sections for "New! zendough.com", "Consumer Assistance", "Identity Theft", and "More for Businesses".



## Financial Crisis Warning Signs

- Making only minimum payment
- Using one card to pay another
- Taking cash advances to pay other bills
- Hiding purchases from your family
- Receiving collection calls or letters

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## Lifecycle of Financial Crisis

- The Early Stages
- The Middle Stages
- The Late Stages

**Auriton Solutions**

<http://www.auritonnew.org>

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## Early Stage

- **Signs**
  - Count days to payday
  - Buy groceries etc. with credit card
  - Take out new credit card to get the extra \$
  - Uncomfortable talking about money with spouse or family
  - Carry balance from month to month on credit cards

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## Early Stage

### Action Steps

- Pay off the credit card and cut it up
- Eliminate one or two *nice* not necessary expenses
- Use cash, check or debit card for routine expenditures
- Set up automatic deduct into a savings account

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## Middle Stage

### Signs

- Hide purchases from spouse/family
- Decide to pay some bills & not others each month
- Regular arguments with family about money
- Received one collection call or letter
- Use one credit card to pay off another card

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## Middle Stage

### Action Steps

- Form a plan with family to pay off & reduce spending
- Talk to creditors of delinquent accounts
- Post credit card statement where you see it
- Pay off CC with highest interest rate
- Talk to credit counseling agency

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## Late Stage

### Signs

- You don't answer the phone –dread the mail
- You take cash advances to make payments
- You've maxed out several CC
- Money causing problems with family
- Sleep disturbance due to financial stress

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## Late Sages

### Action steps

- Contact credit counseling agency
- Work with credit counselor
- Cut up credit cards
- Talk to family about exactly what is happening
- Takes time, most people can pay off debts in 3-5 years.

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## How it happens

1. **Uncontrollable events** – economy, job loss, theft, injury, health-medical

*The unfair “Tragedies of Life” cause Financial Stress for Some People*

2. **Poor decisions** - Impulse spending, overspending, addictions, lack of planning, wastefulness, lack of self control

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## This we know!

- *When the **Outgo** exceeds the **Income...***
- *The **Upkeep** becomes the **Downfall***

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What comes to mind?

What words do you think of when hear

# Budget

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What comes to mind?

- No fun
- Restrained
- Loss of freedom
- Being controlled
- Not being able to do what I want

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What comes to mind?

***It can be very positive and exciting!***

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## Budget Defined

1. A tool to increase your consciousness of how and where you spend your money
2. A guideline to help **you** spend **your** money on the things that are **most important to you!**

Deborah Fowles: Guilt-free Budgeting: No Blame, No Shame  
<http://financialplan.about.com/cs/budgeting/a/GuiltFreeBudget.htm#>

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## Improve your life=budget

- Let's you control your money
- Lets you know if you are living within your means
- Can help you meet your savings goals
- Helps family focus on common goals
- Prepare for emergencies
- Improve relationships
- Avoids waste
- Lowers stress

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## To Balance YOUR Budget

- Increase Income
- Lower Expenses
- Some combination of both

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## Personal & Family Goals

- Short Term
- Long Term
- Determine your priorities/values
  - *Mission Statement*

Where do you want your life to go!

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## First Step!

- With a Positive ATTITUDE...
- Make a Quality Decision
- Everyone involved must be  
**“on board”**

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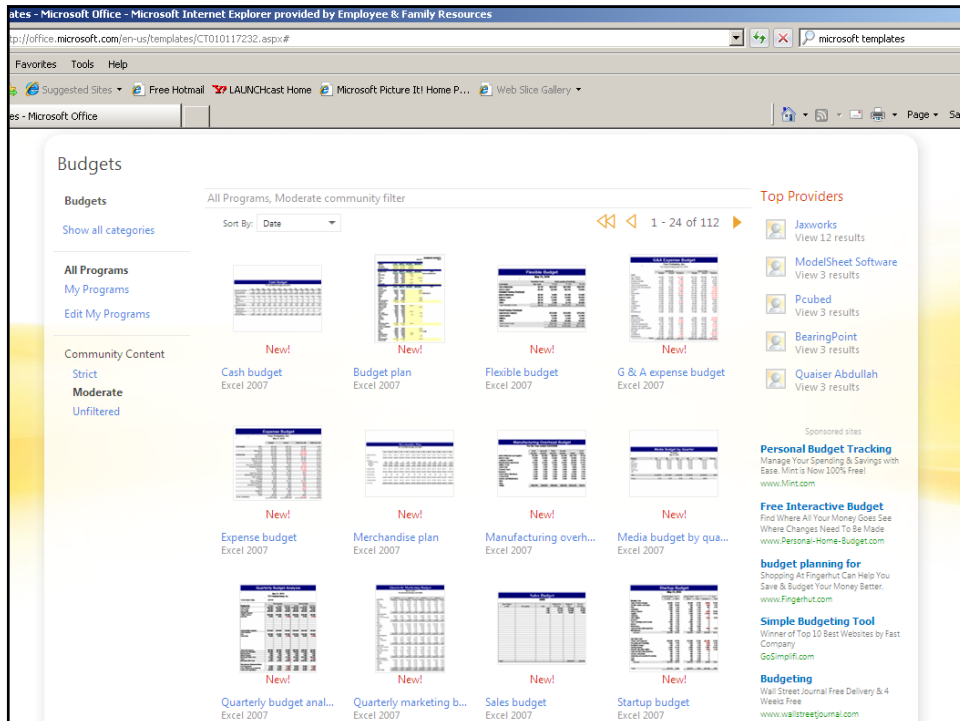


# Steps for your budget

- 1. Record Your Expenses**
  - Keep track of where your money goes
- 2. Set up Categories**
  - Must fit your needs
- 3. Calculate Budget Amounts**
  - Income & Expenses
- 4. Set Goals and Make Adjustment**
  - You determine what's important

Deborah Fowles: Guilt-free Budgeting: No Blame, No Shame

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The screenshot shows a web browser window displaying a 'Budgets' page. The page features a grid of budget templates, each with a 'New!' badge and a description. The templates include:

- Cash budget (Excel 2007)
- Budget plan (Excel 2007)
- Flexible budget (Excel 2007)
- G & A expense budget (Excel 2007)
- Expense budget (Excel 2007)
- Merchandise plan (Excel 2007)
- Manufacturing over... (Excel 2007)
- Media budget by qua... (Excel 2007)
- Quarterly budget anal... (Excel 2007)
- Quarterly marketing b... (Excel 2007)
- Sales budget (Excel 2007)
- Startup budget (Excel 2007)

On the right side, there is a 'Top Providers' section with links to various services like Jaxworks, ModelSheet Software, and BearingPoint. Below that, there are 'Sponsored sites' including Personal Budget Tracking, Free Interactive Budget, budget planning for, Simple Budgeting Tool, and Budgeting.

### Personal Monthly Budget

PROJECTED MONTHLY INCOME			ACTUAL MONTHLY INCOME			PROJECTED BALANCE (Projected income minus expenses)			ACTUAL BALANCE (Actual income minus expenses)		
Income 1		\$2,500	Income 1		\$2,500	PROJECTED BALANCE (Projected income minus expenses)		\$940	ACTUAL BALANCE (Actual income minus expenses)		\$940
Extra income		\$5,000	Extra income		\$5,000	DIFFERENCE (Actual minus projected)		\$30			
<b>Total monthly income</b>		<b>\$7,500</b>	<b>Total monthly income</b>		<b>\$7,500</b>						

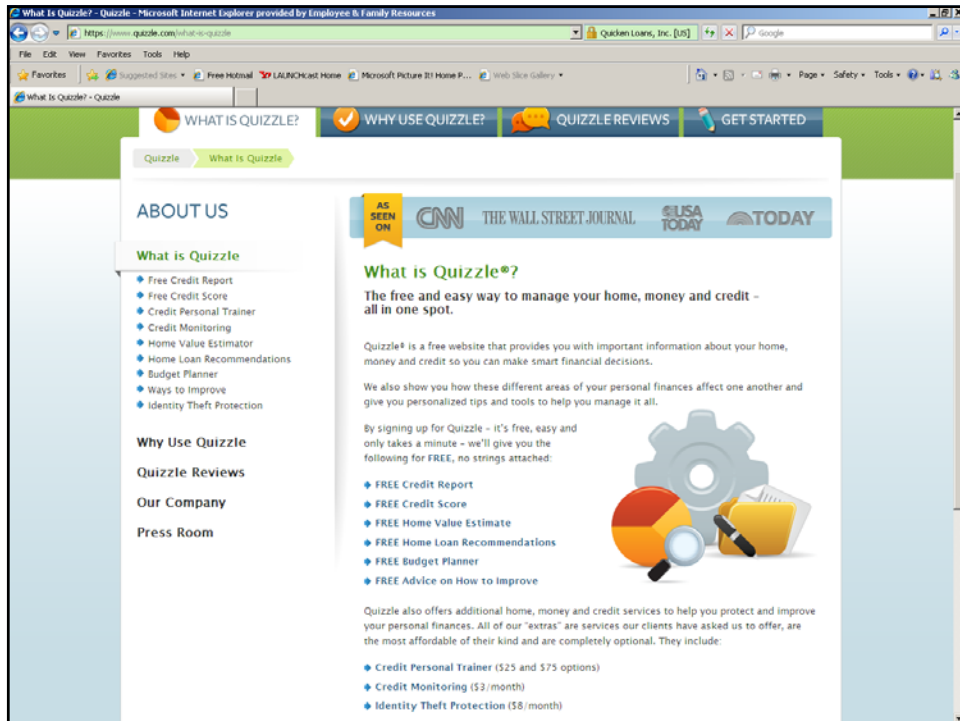
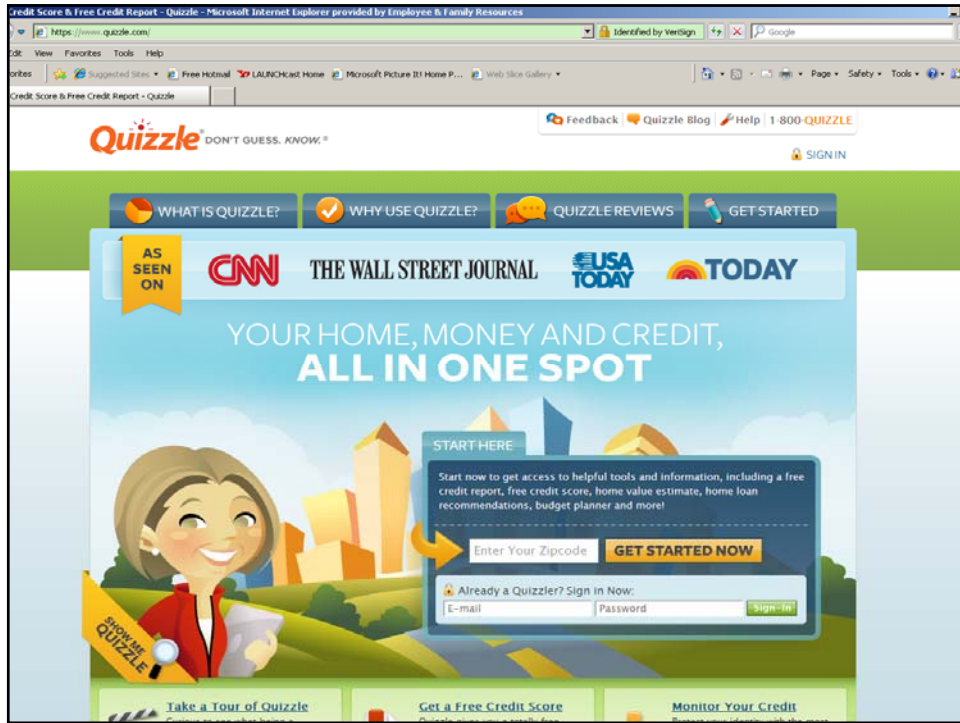
Category	Projected Cost	Actual Cost	Difference
<b>HOUSING</b>			
Mortgage or rent	\$1,300	\$1,400	-\$100
Phone	\$40	\$100	-\$40
Electricity	\$90	\$60	-\$30
Gas	\$200	\$180	-\$20
Water and sewer			\$0
Cable			\$0
Waste removal			\$0
Maintenance or repairs			\$0
Supplies			\$0
Other			\$0
<b>Total</b>	<b>\$1,830</b>	<b>\$1,740</b>	<b>\$90</b>
<b>ENTERTAINMENT</b>			
Video/DVD	\$0	\$50	-\$50
CDs			\$0
Movies			\$0
Concerts			\$0
Sporting events			\$0
Live theater			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$50</b>	<b>-\$50</b>
<b>TRANSPORTATION</b>			
Vehicle payment	\$250	\$250	\$0
Bus/train fare			\$0
Insurance			\$0
Licensing			\$0
Fuel			\$0
Maintenance			\$0
Other			\$0
<b>Total</b>	<b>\$250</b>	<b>\$250</b>	<b>\$0</b>
<b>LOANS</b>			
Personal			\$0
Student			\$0
Credit card			\$0
Credit card			\$0
Credit card			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>INSURANCE</b>			
Home			\$0
Health			\$0
Life			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>TAXES</b>			
Federal			\$0
State			\$0
Local			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>FOOD</b>			
Groceries			\$0
Dining out			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>SAVINGS OR INVESTMENTS</b>			
Retirement account			\$0
Investment account			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>PETS</b>			
Food			\$0
Medical			\$0
Grooming			\$0
Toys			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>GIFTS AND DONATIONS</b>			
Charity 1			\$0
Charity 2			\$0
Charity 3			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>LEGAL</b>			
Attorney			\$0
Alimony			\$0
Payments on Tax or Judgment			\$0
Other			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>
<b>PERSONAL CARE</b>			
			\$0
<b>Total</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>

personal-finance-software-review.toptenreviews.com

### 2012 Best Personal Finance Software Comparisons and Reviews

Rank	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10
10-9 Excellent	<a href="#">AceMoney</a>	<a href="#">Quicken Starter Edition</a>	<a href="#">YNAB</a>	<a href="#">Moneydance</a>	<a href="#">BankTrek Personal</a>	<a href="#">Simple Home Money Management</a>	<a href="#">RichOrPoor</a>	<a href="#">iCash</a>	<a href="#">BudgetExpress</a>	<a href="#">PlayBob Premium</a>
8-6 Good										
5-4 Average										
3-2 Poor										
1-0 Bad										
Reviewer Comments	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>	<a href="#">Read Review</a>
Lowest Price	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>	<a href="#">Go</a>
Ratings	8.78	8.58	7.95	7.88	7.75	7.73	7.45	4.45	3.38	3.00
Overall Rating	[Bar chart showing overall ratings for each software]									
Ease of Use	[Bar chart showing ease of use ratings]									
Banking & Bills	[Bar chart showing banking & bills ratings]									
Reporting	[Bar chart showing reporting ratings]									
Archiving & Security	[Bar chart showing archiving & security ratings]									
Tax Options	[Bar chart showing tax options ratings]									
Personal Investing	[Bar chart showing personal investing ratings]									
Help & Support	[Bar chart showing help & support ratings]									
Banking Bills	[Checkmarks indicating feature availability]									
Import Account Data	[Checkmarks]									
Budget Expenses	[Checkmarks]									
Online Banking	[Checkmarks]									
Connect to Bank and Credit Unions	[Checkmarks]									
Categorize and Track Spending	[Checkmarks]									







# Guidelines

Use the following list to review the items in your budget:

**Housing 35%** - Mortgage or rent, taxes, repairs, improvements, insurance, and utilities;

**Transportation 20%** - Monthly payments, gas, oil, repairs, insurance, parking & public transportation;

**Debt 15%** - Credit cards, personal loans, student loans & other debt payments;

**All other expenses 20%** - Food, insurance, prescriptions, doctor & dentist bills, clothing & personal;

**Investments & Savings 10%** - Stocks, bonds, cash reserves, retirement, rental real estate, art, etc.

<http://www.debtsteps.com/budgeting-guidelines.html>

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# The Right FIT!!

- “If you’ve never managed to create a budget that worked for you, it was probably the wrong type of budget”

M.P. Dunleavy

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## Guidelines

### The 60% Solution

- 60% Committed Expense
- 10% Retirement
- 10% Long Term Savings-(car)
- 10% Short Term Savings-(irregular exp)
- 10% Fun Money

Richard Jenkins: A simpler way to save: the 60% solution.  
<http://money.msn.com/articles/smartbuy/basics/8579.asp?Printer>

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## Bottom Line

**The total % of all Categories can not  
be more than 100**

**Watch the Nickels & Dimes**

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## 3 money tips for every income

- **Low income: Below \$20,000**
  - Save \$500
  - Get a break
  - Avoid business that rip you off
- **Lower middle income: \$20,000 to \$40,000**
  - Limit you overhead
  - Save for retirement
  - Set up savings buckets
- **Middle income: \$40,000 to \$60,000**
  - Nuke your credit card debt
  - Step up your retirement savings
  - Boast your emergency fund

<http://money.msn.com/how-to-budget/3-money-tips-for-every-income-weston.aspx>

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## 3 money tips for every income

- **Upper middle income: \$60,000 to \$100,000**
  - Add a Roth IRA
  - Pay cash for luxuries
  - Save for college
- **Upper income: Above \$100,000**
  - Boost your liability coverage
  - Hire a tax pro
  - Talk to a fee-only financial planner

<http://money.msn.com/how-to-budget/3-money-tips-for-every-income-weston.aspx>

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## 7 Radical Savings Tips

1. Hold the mother of all garage sales
2. Quit smoking
3. Tame your driving addiction
4. Buy used
5. Become a homebody
6. Cut your housing expenses
7. Cut up your credit cards

<http://moneycentral.msn.com/content/Savinganddebt/Savemoney/P36019.asp>

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## Ten Steps for Success

Changing your spending habits is not easy. These steps will help you remain on the path to a bright financial future.

1. Create a Spending Plan
2. Commit to Maintaining your spending plan
3. Set realistic financial goals - both short and long term.
4. Prioritize your financial goals and revise them periodically.
5. Distinguish between wants and needs.

[http://www.pueblo.gsa.gov/cic\\_text/money/66ways/content#autoloans](http://www.pueblo.gsa.gov/cic_text/money/66ways/content#autoloans)

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# Ten Steps for Success

Continued:

- 6. Develop a Record-Keeping System
- 7. Keep a Record of Expenses to determine where your money is going.
- 8. Compare your list of income against your record of expenses.
- 9. Save for periodic expenses and emergencies to keep your spending plan running smoothly.
- 10. Become an informed consumer. Shop wisely.

[http://www.pueblo.gsa.gov/cic\\_text/money/66ways/content#autoloans](http://www.pueblo.gsa.gov/cic_text/money/66ways/content#autoloans)



# S - t - r - e - t - c - h...

## Extreme Couponing

- <http://thekrazycouponlady.com>

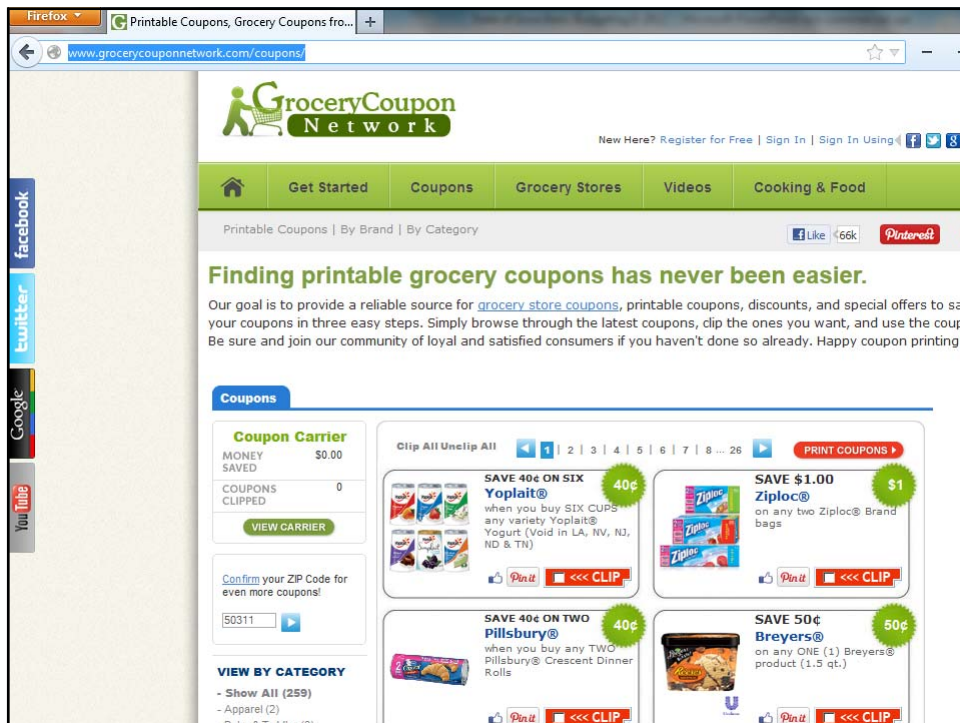




# Best Time To Buy!!

- Video

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Firefox | Printable Coupons, Grocery Coupons from... | www.grocerycouponnetwork.com/coupons/

**GroceryCoupon Network** | New Here? Register for Free | Sign In | Sign In Using [Facebook] [Twitter] [Google+]

Home | Get Started | Coupons | Grocery Stores | Videos | Cooking & Food

Printable Coupons | By Brand | By Category | [Facebook Like] <66k | [Pinterest]

### Finding printable grocery coupons has never been easier.

Our goal is to provide a reliable source for [grocery store coupons](#), printable coupons, discounts, and special offers to save your coupons in three easy steps. Simply browse through the latest coupons, clip the ones you want, and use the coupon. Be sure and join our community of loyal and satisfied consumers if you haven't done so already. Happy coupon printing!

**Coupons**

**Coupon Carrier**  
MONEY SAVED: \$0.00  
COUPONS CLIPPED: 0  
[VIEW CARRIER](#)

Confirm your ZIP Code for even more coupons!  
50311

**VIEW BY CATEGORY**  
- Show All (259)  
- Apparel (2)  
- Baby & Toddler (2)

Clip All Unclip All | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 ... 26 | [PRINT COUPONS](#)

- SAVE 40¢ ON SIX Yoplait®** (40¢)  
when you buy SIX CUPS of any variety Yoplait® Yogurt (Void in LA, NV, NJ, ND & TN)  
[Pin it](#) [CLIP](#)
- SAVE \$1.00 Ziploc®** (\$1)  
on any two Ziploc® Brand bags  
[Pin it](#) [CLIP](#)
- SAVE 40¢ ON TWO Pillsbury®** (40¢)  
when you buy any TWO Pillsbury® Crescent Dinner Rolls  
[Pin it](#) [CLIP](#)
- SAVE 50¢ Breyers®** (50¢)  
on any ONE (1) Breyers® product (1.5 qt.)  
[Pin it](#) [CLIP](#)



S - t - r - e - t - c - h...

- Extreme Couponing
  - Video

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S - t - r - e - t - c - h...

When Times are Tight...

<http://beingfrugal.net>

*“With prices going up,  
a dollar doesn’t go as  
far.”*

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Live More. Spend Less.

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Google Custom Search Search

**5 Jobs for Retired People**  
We've been talking a lot recently about jobs for college graduates and for those who can't find a job. But there's another group of people who are hurting these days: retired people. When the economy went [...]

**What to do After College if You Can't Find a Job**  
You've spent four years listening to lectures, studying, and pulling all nighters writing papers. You've paid thousands of dollars and perhaps owe thousands of dollars in student loans to pay for your education. In June, you [...]

**Are You Really Changing Your Financial Behaviors? Or Just Fixing the Symptoms?**  
A lot of us like to think that we can get a fresh start with our finances. We know that something needs to be done, and it feels like we're fixing things when a big, dramatic [...]

**It's OK to Spend Money on Things You REALLY Want**  
It's easy to get caught up in the idea that it's never ok to spend money — unless you actually need something. And, while it is important to watch how you spend your money, and be conscientious [...]

**Featured Articles**  
**Is Now a Good Time to Buy a Home?**

When most people think of the American Dream, home ownership is a part of the equation. At least it was until the housing bubble burst in 2008. As home prices dropped and foreclosures rose, potential homeowners [...]

**S - t - r - e - t - c - h...**

**Ways To Stretch a Dollar:**  
<http://www.careonecredit.com/knowledge/article.aspx?article=303>

- Auto
- Banking
- Clothing
- Credit
- Food
- Health
- Household
- Insurance
- Personal
- Recreation & Entertainment
- Telephone
- Transportation
- Utilities

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## What you can do about it –

### You have a CHOICE

- Take action – make a decision – start today
- A Budget is a friend – not an enemy. It is you deciding where you want your money to go. It is you being in control not someone else controlling you.
- Get Honest with yourself
- Develop a **Balanced Lifestyle** attitude
- Determine to live within your means

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## SMART GOALS

- Written goal statements should begin with “I will...” and should be **SMART**:
- **S – Specific**
- **M – Measurable**
- **A – Action-Oriented**
- **R – Realistic**
- **T – Time Bound**

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## SMART GOALS

- **Specific** goals tell exactly what will be accomplished and what steps you will take. They are much more likely to be accomplished than a general goal.
- *Instead of: I want to spend less.*
- *Try: I will cut expenses by 10%: 1) cancel Sat TV, 2) grocery shop form list, 3) limit entertainment 1X mo.*

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## SMART GOALS

- **Measurable** goals tell how many, how much, and how you will know whether or not your goal has been accomplished.
- *Instead of: I want to pay down credit card.*
- *Try: I will get a part time job of 10-14 hours on weekends and put all of money on credit card.*

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## SMART GOALS

- **Action-Oriented** goals use action verbs and describe the exact activity you will do.
- *Instead of: I will begin budgeting.*
- *Try: I will track all of my expenses for one month before setting up budget categories.*

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## SMART GOALS

- **Realistic** goals are those you stand a reasonably good chance of accomplishing, given enough time and effort. Ask, "Am I willing and able to work for this?"
- *Instead of: I would like to live in a mansion.*
- *Try: I will invest \$100/month for the next 10 years for a "retirement home" fund.*

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# SMART GOALS

- **Time Bound** goals include a specific deadline. Deadlines will increase your motivation, however they should not be “set in stone.”
- *Instead of: I would like to go to Paris someday.*
- *Try: One year from now I will take a 10-day vacation to Paris.*

Keep your goal statements visible! (Post them on the refrigerator, on the computer, in the car, etc.)

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# Bankruptcy

## The Truth About Bankruptcy: Dave Ramsey

1. Chapter 7
  - total bankruptcy,
  - stays on your credit report for 10 years.
2. Chapter 13
  - more like a payment plan
  - stays on your credit report for 7 years.

“Bankruptcy, however, is for life. Loan applications and many job applications ask if you have ever filed for bankruptcy”.

“Bankruptcy is listed in the top 5 life-altering negative events that we can go through, along with divorce, severe illness, disability, and loss of a loved one”.

[http://www.daveramsey.com/the\\_truth\\_about/bankruptcy\\_3018.html.cfm](http://www.daveramsey.com/the_truth_about/bankruptcy_3018.html.cfm)

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## Resources

- **Employee & Family Resources**  
<http://www.efr.org/>
- **Consumer Credit of Des Moines - Local office**  
<http://www.consumercredit-dm.com>
- **Metropolitan Debt Solutions - Local office**  
<http://www.debtmanagers.com>

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## Resources

- **The truth about credit card debt** by: Liz Pulliam Weston  
<http://moneycentral.msn.com/content/Banking/creditcardsmarts/P74808.asp>
- **Federal Consumer Information Center**  
[www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)
- **Money-Zine**  
<http://www.money-zine.com>
- **Auriton Solutions**  
<http://www.auritonnew.org>
- **My FICO**  
[www.myfico.com](http://www.myfico.com)

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## Take Action Today

- **Most of us don't plan to fail - we just fail to plan**
- **If you don't know where your going, any road will get you there**
- **Start today!**

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## We Can Help!

Employee & Family Resources is your

**Employee Assistance Program (EAP)**

**800-327-4692 or 800 EAP Iowa**

[www.efr.org/eap](http://www.efr.org/eap)

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You Are Here: [EFR](#) > [Workplace](#) > [EAP](#)

#### Employee Assistance Program (EAP)



When you want your business to be its best, you need your employees to be at their best. Family problems, financial worries and stress can all take focus away during the workday. Let EFR's EAP help.

Our EAP is a benefit that helps individuals and their families with issues affecting their day-to-day performance and health, including stress, anxiety, depression, relationship, substance abuse and legal and financial concerns.

If you and your family already have the EAP, please [sign in to My EAP](#) to access tools and information you can use to improve your life at work and at home.

- [What to Expect from EFR — The EAP Experts](#)

[My EAP](#)

Do you or your family member have an EAP through your employer?

[Sign in to My EAP](#) to access tools and information you can use to improve your life at work and at home.

[Contact us Today!](#)

[Contact an EAP provider](#)



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## Sign In

Learn about the services available to you through your EAP! Access *Achieve Solutions*—your online link to articles, resources and tools related to wellness, work, emotional, relationship, financial and legal issues, and more.

Please type the code provided to you by your employer.

Enter Code:  [Sign In](#) [Continue without Sign In](#)

Need Your EAP Web Site Code? Please [contact EFR](#) for help.



# State of Iowa: 946021

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### My Employee Assistance Program (EAP)

When life sends challenges your way, your Employee Assistance Program (EAP) is here to help. We provide free, **confidential** services for you and your family 24 hours a day, seven days a week. Our caring professional counselors want to help you overcome obstacles to live a healthy and productive life. When you aren't your best due to stress, marital or family problems, drug and/or alcohol abuse or any other life challenge, your EAP is here to help.

We can help:

- Stress
- Marital or family concerns
- Work-life balance
- Financial concerns
- Legal concerns
- Emotional and mental health
- Drug and/or alcohol abuse
- Personal growth & development
- Grief and loss
- Much more

Learn more about when and how to use the EAP.

Your EAP provides you with many services to help you overcome challenges you are facing and help you grow personally and professionally. Through your EAP you can access the following services:

- In-Person or Over-the-phone Counseling
- Life Coaching
- Legal Consultations
- Financial Consultations
- Elder Care Resources
- Achieve Solutions Web Resource
- Real Life Solutions Newsletter
- How Do I Use My EAP?
- When To Use The EAP
- EAP Resources
- Introduction Video
- Orientation Video

To work towards solutions for problems you are facing, please contact the EAP today.

Do you or your family member have an EAP through your employer?

Sign in to My EAP to access tools and information you can use to improve your life at work and at home.

**Contact us Today!**

Contact an EAP counselor

Request a Proposal for EAP services

Contact EFR's Crisis Response team

Contact EFR for workplace training

Contact EFR's mediation & conflict resolution services

Contact Provider Relations

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Take a look at our exciting training



**EFR** WORKPLACE SERVICES

## Financial Consultation

- ❖ Free telephone consultation with a qualified financial counselor – *Debt, Budgeting & Planning*
- ❖ Referral to a local advisor for a free, in person, 30-minute consultation
- ❖ Ongoing financial planning services at reduced rates



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## Financial Consultation

- Managing & Reducing Debt
- Financial Demands of Life Stages
- Home Buying Strategies
  - Maximizing the market and equity
- Health Savings Accounts (HSA)
- Taxes, Taxes, Taxes

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## Coaching Services

- ❖ Assignment of Life Coach
- ❖ Personal, secure website
- ❖ Scheduled telephone sessions
- ❖ Non-synchronized 24-hour access to Life Coach on personal website
- ❖ Relevant articles posted by Life Coach
- ❖ Personal website journal
- ❖ Up to 8 weeks of web-based and telephone assistance



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## Counseling

- Phone or 3 in-personal sessions
- You and your spouse are eligible
- Develop a plan for make changes and better decisions
  - Impact acute/chronic financial stress has on health
  - Impact on work or career
  - Impact on relationships

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# Thank You!



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