

FINANCIAL ANXIETY

Financial anxiety feels a lot like drowning or sitting under an umbrella as it rains money non-stop.



TEST YOURSELF

Face Your Fears

Take a deep breath. You are not alone! There are millions of Americans living paycheck to paycheck. Hiding from your finances does not make your problems disappear.

What is your biggest fear financially? What is keeping you from creating a budget every month? Use the top space to think through the two above questions. Then use the second space to list out a few ways to combat your fears in the top space.