

# Take care of your financial health and improve your quality of life!

Financial health, as important as the health of the body or of the mind, enables us to have a life with more quality, harmony, and stability.

The year 2020 showed the world that unforeseen events can happen and that we need to be financially prepared to face them. Having savings has never been as indispensable as now, in a post-pandemic world.

## Program yourself!

Having savings in case of an emergency is essential to our peace of mind when in unexpected situations. Putting aside 6 months' worth of expenses is the general rule of thumb. If you have a monthly salary of R \$ 6,000.00, for instance, your savings should be of around R \$ 36,000.00. In the case of employees with stable contracts, their savings can be of 3 to 4 months' worth.

## Have a look at the different money personality types

There are 4 different types:



**Savers:**  
always have an emergency fund;



**Big spenders:**  
live in the here and now without any concerns;



**Donors:**  
are always willing to help anyone in need;



**Planners:**  
set financial goals for themselves, as well as ways to achieve them.

## Be conscious, always!

Without money, the stress, worry, and yearnings can take over your life. The best way to avoid the constant fear of not making ends meet is to plan!

- Be organized (control income inflows and outflows);
- Track and predict your spending;
- Make your money work for you;
- Set goals;
- Avoid overdraft fees.



## Financial education for children? Yes, please!

Children who learn how to deal with money from an early age become adults who are more mindful of their earnings. Financial education should be part of family conversations whenever possible. Start by addressing the basics while they're kids and let the conversation evolve as they grow older.

- Explain to them, early on, the differences between cash, cards, and checks;
- Make the children part of family budget planning by showing them the cost of food, clothing, school, and other expenses;
- Use games that simulate financial life, such as Monopoly and Game of Life;
- Encourage children to save money. Give them piggy banks as gifts to help them understand the concept of saving money for a given goal;
- Leave the family outing's pocket money in your child's hands. This will force them to establish priorities.

**Ensure more stability and quality of life for you and your family. Set goals and put them into action now!**