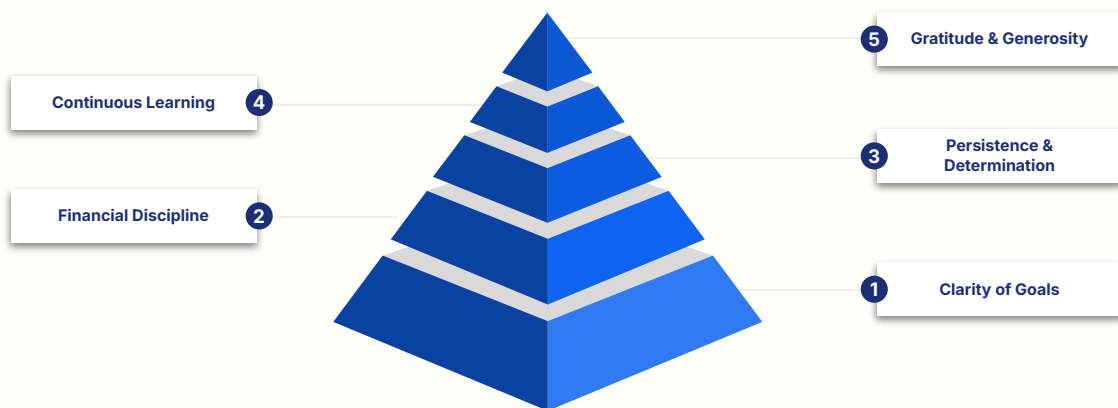


Financial Fitness Bootcamp 101

Key Takeaways

1

Money-Winning Mindset



2

Establish a Strong Relationship with Budgeting & Cultivating a Mindful Spending



Use "Reverse Budgeting" for Easy Cash Flow Management

Instead of itemising every expense, decide how much you need to save and automate it



"Pay Yourself in Time", Not Just Money

For each major financial decision, consider how much time it costs you, not just money

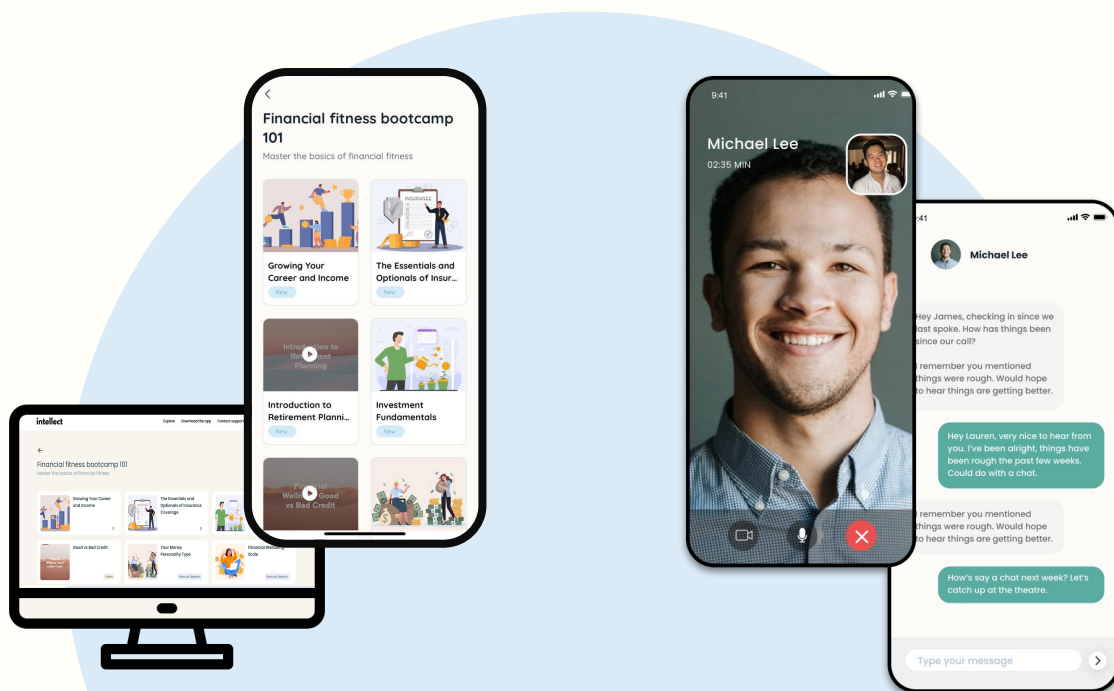


Practice "Intentional Lifestyle Inflation"

Invest in education or productivity tools, but avoid splurging on unnecessary luxury just because your income has increased

From Insight to Action: Put Your Skills to Work Today!

Take charge of your finances today through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Financial Fitness Bootcamp 101

Curated collection to help you get started with your financial journey

1:1 Coaching

Discuss with your coach on more personalised approach to managing your finances

Take charge of your mental health today!

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