PARTICIPANT HANDOUTS

“Lunchtime Learning” Professional Skill Development Distance Learning Series Event #1: Tell Your Money Who’s Boss – Learn to Get the Most Out of Your Paycheck

Presented by:
Amy Fidelis, CCUFC, AAC, Marketing & Education Director, mpowered
Carlos Colón, ACC, Personal Finance Coach, mpowered

Live Broadcast Date/Time:
Wednesday, April 30, 2014
12:00–1:00pm Mountain Time / 1:00–2:00pm Central Time

Series Overview:
Join Community Health Association of Mountain/Plains States (CHAMPS) and Colorado Community Health Network (CCHN) for the “Lunchtime Learning” Professional Skill Development Distance Learning Series! These six one-hour webcasts will take place between April and September of 2014. Participants may attend any selection of events, all designed to provide professional development and skills improvement as a component of a continuous process of advanced practice transformation, with the goal of positively impacting retention rates at Region VIII health centers. The events are primarily targeted at health center administrative and clinical support staff, although staff members from all levels of the health center are welcome.

Event Overview:
“Tell Your Money Who’s Boss” is designed to help participants increase awareness of their personal financial situation while providing access to supporting tools and resources. The speakers will emphasize identifying and setting goals, and simplifying the mechanisms used to reach those goals, with the understanding that recognizing where an individual’s money goes and creating successful systems for keeping track of this information are key to the attainment of any financial goal (e.g. paying down debt, improving credit, building savings, creating a budget, buying a house, etc.).

Learning Objectives:
Participants will:
1. Identify their personal money beliefs and values.
2. Practice effective financial goal-setting techniques.
3. Streamline systems to achieve their financial goals.
4. Identify the tools that help them take control of their money.
CONTENTS
Page 2:  Series Timeline
         CHAMPS Archives
         Descriptions of CCHN & CHAMPS
Page 3:  Speaker Biographies
         Presentation Resource List
Pages 4-5:  Multi Budget Worksheet
Page 6:  V SMART Goal Sheet
Pages 7-31:  Slides

SERIES TIMELINE
Event #1:  Tell Your Money Who’s Boss (04/30/14)
Event #2:  Create Great Credit (05/21/14)
Event #3:  Foundations for Influencing - Presuming Good Intent (06/18/14)
Event #4:  Foundations for Influencing - The Art of Developing Trust &
         Personal Power (07/23/14)
Event #5:  Foundations for Influencing - Influencing through Negotiation (08/20/14)
Event #6:  Motivational Interviewing (09/17/14)
Visit www.CHAMPSonline.org/Events/DistanceLearning.html#LunchtimeLearning
for complete details, including registration for individual events.

CHAMPS ARCHIVES
This event will be archived online and on CD-ROM. The online version will be
available within two weeks of the live event, and the CD will be available within
two months. CHAMPS will email all identified participants when these resources
are ready for distribution. For information about all CHAMPS archives, please visit
www.CHAMPSonline.org/Events/DistanceLearning.html.

DESCRIPTION OF CCHN
Colorado Community Health Network (CCHN) is a non-profit organization
representing the 19 Colorado Community Health Centers (CHCs) that together are
the backbone of the primary health care safety-net in Colorado. CCHN is
committed to educating policy makers and stakeholders about the unique needs of
CHCs and their partners, providing resources to ensure that CHCs are strong
organizations, and supporting CHCs in maintaining the highest quality care. For
more information about CCHN, please visit www.cchn.org.

DESCRIPTION OF CHAMPS
Community Health Association of Mountain/Plains States (CHAMPS) is a non-profit
organization dedicated to supporting all Region VIII (CO, MT, ND, SD, UT, and WY)
federally-funded Community, Migrant, and Homeless Health Centers so they can
better serve their patients and communities. Currently, CHAMPS programs and
services focus on education and training, collaboration and networking, workforce
development, and the collection and dissemination of regional data. For more
information about CHAMPS, please visit www.CHAMPSonline.org.
SPEAKER BIOGRAPHIES

Amy Fidelis, CCUFC, ACC, Marketing & Education Director - After serving on mpowered’s Board of Directors for 2 years Amy Fidelis joined staff in 2012. Prior to mpowered she ran an award-winning financial education program and managed community relations for a local credit union. She is excited about mpowered’s mission to empower people to think, act, and feel differently about their money because she believes in the power of behavior change and helping people understand their relationship with money.

Carlos Colón, ACC, Personal Finance Coach - Carlos joined mpowered as a bilingual Personal Finance Coach. One of his primary roles as Coach is to provide our financial education services in support of the growing Spanish speaking community of Colorado. He is particularly excited to serve our diverse population through a local, nonprofit, and mission-driven organization. He also has experience as a post-secondary educator and is thrilled to contribute to our community enrichment classes through mpowered’s extensive and growing network of partners.

PRESENTATION RESOURCE LIST

www.mint.com
www.yodlee.com
www.readyforzero.com
www.powerpay.org
www.getrichslowly.org
www.wisebread.com
www.mvelopes.com
www.mpoweredcolorado.org
<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Change</th>
<th>New</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
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<td></td>
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<tr>
<td>Paycheck</td>
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<tr>
<td><strong>Total income</strong></td>
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</tr>
<tr>
<td><strong>Savings</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency fund</td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Total savings</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bills (consistent costs)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rent/Mortgage</td>
<td></td>
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<tr>
<td>Xcel</td>
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<td></td>
<td></td>
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<tr>
<td>Phone</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cable/Internet</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health insurance</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Car insurance</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total bills</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Debt payments</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auto loan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Credit card</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total debt payments</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Budget Worksheet

<table>
<thead>
<tr>
<th>Necessary costs (variable)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Groceries</td>
<td></td>
</tr>
<tr>
<td>Transportation costs</td>
<td></td>
</tr>
<tr>
<td>Prescription costs</td>
<td></td>
</tr>
<tr>
<td>Charity</td>
<td></td>
</tr>
</tbody>
</table>

**Total necessary costs**  

<table>
<thead>
<tr>
<th>Discretionary money (variable)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating out &amp; alcohol</td>
<td></td>
</tr>
<tr>
<td>Hobbies/leisure</td>
<td></td>
</tr>
<tr>
<td>Books/magazines</td>
<td></td>
</tr>
<tr>
<td>Gifts</td>
<td></td>
</tr>
<tr>
<td>Clothing</td>
<td></td>
</tr>
<tr>
<td>Miscellaneous spending</td>
<td></td>
</tr>
</tbody>
</table>

**Total discretionary money**  

<table>
<thead>
<tr>
<th>Other</th>
<th></th>
</tr>
</thead>
</table>

**Total other**  

**Total income**  

**Total spending**  

**Income - spending =**  

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mpowered

*mpoweredcolorado.org | p(303) 233-2773*
<table>
<thead>
<tr>
<th>Value</th>
<th>Specific</th>
<th>Measurable</th>
<th>Attainable</th>
<th>Relevant</th>
<th>Time Bound</th>
</tr>
</thead>
</table>


Tell Your Money Who’s Boss - Learn to Get the Most Out of Your Paycheck

April 30, 2014, 12PM-1PM Mountain Time / 1PM-2PM Central Time
Lunchtime Learning: Professional Skill Development
Distance Learning Series, Part 1 of 6

www.mpoweredcolorado.org  www.cchn.org  www.champsonline.org

Presented by:
Carlos Colón, ACC, Personal Finance Coach
Amy Fidelis, CCUFC, ACC, Marketing and Education Director

Interactive Poll
Is this your first experience with personal financial education (including information on saving, budgeting, managing debt, etc.)?
− Yes
− No
− Not Sure
− Mixed Responses
Interactive Question

How many total people are watching this event at your computer (yourself included)?

Learning Objectives

1. Identify personal money beliefs and values
2. Practice effective goal-setting techniques
3. Streamline systems to achieve financial goals
4. Identify tools that help individuals take control of their money
What We Do

• Revolutionize our relationship to money
• Start the conversation
• Make it safe to talk about
• Identify what healthy looks like
• Create choice
• Work with you *individually*

Challenging Conversations

Rank the topics in the order that you think Americans find them difficult to talk about
(1 being the hardest, 6 being the easiest)

1. Taxes
2. Personal Health
3. Personal Finance
4. Death
5. Religion
6. Politics
Interactive Poll

Pick the topic that you find to be most difficult to talk about:

- Taxes
- Personal Health
- Personal Finance
- Death
- Religion
- Politics

Challenging Conversations

Percent of Americans that find the topic difficult to discuss

http://online.wsj.com/article/PR-CO-20140220-909538.html
“Tell Your Money Who’s Boss” – 04/30/14

5 Foundations & Key Questions

- Money/Life Balance
- Debt
- Credit
- Cash Flow
- Savings/Net Worth

5 Foundations & Key Questions

- Identify self-talk or beliefs
- Clarify priorities & goals
- Goal setting techniques
- Streamline systems
- Tools
**Identify:**

- Personal & Cultural stories or refrains
- Beliefs about money
- ‘Self-talk’

**What are your priorities?**

**What do you value?**

**What are your goals?**
How do I relate to money?

1. I have positive net worth.
2. I have an emergency fund.
3. I save for vacations or other big purchases.
4. I save/invest for retirement.
5. I know what the balances are of all my accounts (savings and debts).
6. I know what interest rate I’m paying on each debt or earning on my savings.

Interactive Poll

I consider one or more of the following 21st Century conveniences to be a need:

- Cell Phones;
- High Speed Internet;
- Fast Food;
- Starbucks Coffee;
- Personal Care (clothes, hair);
- Cable TV;
- Multiple Cars per Family;
- High Tech Toys;
- Dry Cleaning

- Yes
- No
21st Century Conveniences

- Cell Phones
- High Speed Internet
- Fast Food, Starbucks Coffee
- Personal Care – Clothes, hair
- Cable TV
- Multiple Cars per Family
- High Tech Toys
- Dry Cleaning

3 Simple Tools

- Specific Goals
- Spending Diary & Expense Analysis
- Streamlined System
**V SMART**

<table>
<thead>
<tr>
<th>Value</th>
<th>Specific</th>
<th>Measurable</th>
<th>Attainable</th>
<th>Relevant</th>
<th>Time Bound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freedom/Independence</td>
<td>Pay off 3 credit cards totaling $6,000</td>
<td>$6,000</td>
<td>Fits in budget</td>
<td>Debt keeping me from other goals</td>
<td>Call empowered by Friday</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Could lower interest rates thru credit counseling</td>
<td>Will help credit score</td>
<td>Will have debt gone by November 2014.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Debt calculators</td>
<td>Want to have emergency fund</td>
<td></td>
</tr>
</tbody>
</table>

**Spending Diary**

<table>
<thead>
<tr>
<th>What did I buy today?</th>
<th>How much did it cost?</th>
<th>How did I pay?</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOA payment</td>
<td>$181.00</td>
<td>Check</td>
</tr>
<tr>
<td>Target trip</td>
<td>$10.00</td>
<td>Debit Card</td>
</tr>
<tr>
<td>Coffee</td>
<td>$3.00</td>
<td>Cash</td>
</tr>
</tbody>
</table>
**Interactive Poll**

I was able to list the last 3 things I spent money on, the amount I spent, and how I paid for it.
- Yes
- No

**How Many Americans Have a Budget & Track Their Spending?**
How Many Americans Have a Budget & Track Their Spending?

### Budget Worksheet

<table>
<thead>
<tr>
<th>Category</th>
<th>Current</th>
<th>Change</th>
<th>New</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paychecks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salary (Net)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self's Business</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Husband's Net</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Budget</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Living Expenses</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Fund</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retirement</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savings Fund #1</td>
<td>300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savings Fund #2</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total spending</td>
<td>300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food/Utilities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rent/Mortgage</td>
<td>400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td>300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cable/Internet</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Insurance</td>
<td>200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Car Insurance</td>
<td>50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Insurance</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Renters Insurance</td>
<td>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debt payments (also listed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Loan</td>
<td>150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Credit Card</td>
<td>300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Loan</td>
<td>300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Debt</td>
<td>650</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Budget Worksheet

<table>
<thead>
<tr>
<th>Variable Expenses</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Groceries</td>
<td>400</td>
</tr>
<tr>
<td>Public Transit</td>
<td>80</td>
</tr>
<tr>
<td>Gas</td>
<td>109</td>
</tr>
<tr>
<td>Laundry</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Total variable costs</td>
<td>599</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Miscellaneous and unreimb.</td>
<td></td>
</tr>
<tr>
<td>Dining out &amp; alcohol</td>
<td>200</td>
</tr>
<tr>
<td>Entertainment</td>
<td>30</td>
</tr>
<tr>
<td>Books, magazines</td>
<td>50</td>
</tr>
<tr>
<td>Gifts</td>
<td>16</td>
</tr>
<tr>
<td>Clothing</td>
<td>10</td>
</tr>
<tr>
<td>Miscellaneous spending</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Total discretionary money</td>
<td>238</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Travel</td>
<td>300</td>
</tr>
<tr>
<td>Car Maintenance</td>
<td>47</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Total other</td>
<td>347</td>
</tr>
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<td></td>
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<tr>
<td>Total Income</td>
<td></td>
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</tbody>
</table>

### Online Resources

- [www.mint.com](http://www.mint.com)
- [www.yodlee.com](http://www.yodlee.com)
- [www.readyforzero.com](http://www.readyforzero.com)
- [www.powerpay.org](http://www.powerpay.org)
- [www.getrichslowly.org](http://www.getrichslowly.org)
- [www.wisebread.com](http://www.wisebread.com)
- [www.mvelopes.com](http://www.mvelopes.com)
- [www.mpoweredcolorado.org](http://www.mpoweredcolorado.org)
Formula for Determining Taxes

Gross Income

- Adjustments

Adjusted Gross Income (AGI)

Adjusted Gross Income

- Deductions

- Exemptions

Taxable Income

Taxable Income → Taxes Owed

Taxes Owed

- Credits

- Taxes Already Paid

±Taxes Due

Take Action

Taxes:

• Maximize your contributions to a retirement plan (IRA, 401K, and self employed plan).
• Adjust your withholding
• Give to Charity
• Property Tax Appraisal
• Speak to a tax professional

Is This Your System?

Cash Flow

Paycheck

Taxes, Retirement, Health Insurance

Checking account

All expenses

Streamline Your System

Paycheck

Direct Deposit

Automatic Transfer

Account for Fixed Expenses

Automatic Transfer

Savings for Goals

Automatic Transfer or withdrawal

Savings for Irregular Expenses

Spending Account/Variable Expenses
Streamline Your System

Household Income $3716

Fixed Expenses $1988

Savings for Goals $100

Savings for Irregular Expenses $368

Variable Expenses $955

Income A: $2400
Income B: $1500

Rent, Insurance Bills, Xcel, Cell Phones, Internet, Prescriptions, Student Loans, Family Loan, Credit Card Payments

CCHN & CHAMPS April 30, 2014
Streamline Your System

Household Income $3716

Fixed Expenses $1988

Savings for Goals $100

Savings for Irregular Expenses $368

Variable Expenses $955

Gas, Groceries, Dining Out, Food at Work, Doctor Visits, Laundry, Public Transportation, etc...

Streamline Your System

Household Income $3716

Fixed Expenses $1988

Savings for Goals $100

Savings for Irregular Expenses $368

Variable Expenses $955

Car Maintenance, Car Registration, Travel, Gifts, Clothing
Streamline Your System

Household Income $3716

Fixed Expenses $1988

Savings for Goals $100

Savings for Irregular Expenses $368

Variable Expenses $802

What’s missing?

House? Car?

CCHN & CHAMPS April 30, 2014
Streamline Your System

Household Income $3716

• Surplus: $458
• Emergency Fund

Fixed Expenses $1988

Savings for Goals $100
Savings for Irregular Expenses $368
Variable Expenses $802

Surplus: $458

• Review & Clarify Spending
• Debt Reduction
• Retirement

Streamline Your System

Household Income $3716

Fixed Expenses $1988

Savings for Goals $100
Savings for Irregular Expenses $368
Variable Expenses $802
Recommended Saving Accounts

- Savings for Irregular Expenses
- Savings for Emergencies
- Savings for Retirement
**Recommended Saving Accounts**

- Savings for Emergencies
- Savings for Irregular Expenses
- Savings for Retirement
- Savings for Smart Goal #1
- Savings for Smart Goal #2
- Savings for Smart Goal #3

**Finance Yourself**
Recommended Saving Accounts

- Savings for Emergencies
- Savings for Irregular Expenses
- Savings for Retirement
- Savings for Smart Goal #1
- Savings for Smart Goal #2
- Savings for Smart Goal #3

Finance Yourself
Protect Your Interests

Streamline Your Systems

Cash Flow

- Income
  - Fixed Expenses
    - Emergencies
    - V SMART Goal
  - Irregular Expenses
  - Retirement
    - Variable Expenses
    - Fun $
Streamline Your Systems

Cash Flow

Income → T, R, H.I.

Fixed Expenses

Emergencies

Irregular Expenses

V SMART Goal

Retirement

Variable Expenses

Fun $ → Debit Card Checks Cash

Streamline Your Systems

Cash Flow

Income → T, R, H.I.

Fixed Expenses

Emergencies

Irregular Expenses

V SMART Goal

Retirement

Variable Expenses $802

Fun $
**Streamline Your Systems**

- **Cash Flow**
  - Income
  - Fixed Expenses
    - Emergencies
    - Irregular Expenses
      - V SMART Goal
    - Retirement
      - Variable Expenses
      - Fun $

- **Cash Flow**
  - Income
  - Fixed Expenses
    - Emergencies
    - Irregular Expenses
      - V SMART Goal
    - Retirement
      - Variable Expenses
      - Fun $

**Interactive Poll**

I have identified 3 action items that I am committed to follow up on.

- Yes
- No
3 Small Steps

What are 3 small steps you can take toward your savings or budgeting goals?

1. 

2. 

3. 

Questions?
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Please feel free to contact me for:
- Individual follow up
- Personal finance & credit news & tools

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Thank You for Joining Us!

Your opinions are very important to us.
Please complete the Evaluation for this event. Those attending the entire event and completing the Evaluation questions will receive a Certificate of Participation.

Each person should fill out their own Evaluation Survey.
Please refer to the SurveyMonkey link provided under the “Handouts” tab of the online event. The same link was provided in the reminder email sent out in advance of the event, and will be included in a follow-up email to those logging onto the live event. Please pass the link along to others viewing the event around a shared computer.

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