



# women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Hello February! Most of us are excited to get January behind us - one month closer to Spring and warmer weather. For many of us February tends to conjure up thoughts of Valentine's Day with the images of heart boxes full of chocolates or roses. I would like to challenge this group of savvy ladies to take a different reflection on our relationships. Think about those relationships that encourage you to grow in wealth, wisdom and wellness. If we focus on finances – who are the people you surround yourself with that help you save, spend and give wisely? Our culture is fast-paced. We click on Amazon to buy something without even a thought. Let's challenge each other to be thoughtful with our relationship with money. Last month we spoke of abundance versus scarcity. Much of our thinking one way or another can be traced back to our relationship with money at a young age. Isn't it scary that we carry that on to our kids? I encourage you to take some time and think about how you talk to your kids about saving and spending.

**“Model good money habits.** It's not enough to simply talk about financial responsibility. If you really want your kids to develop a good, healthy relationship with money, it's important that you demonstrate good money habits, too. If your kids see you breaking out your credit card any time you want something, it's safe to assume that they'll do the same thing as soon as they're old enough to have plastic of their own. On the other hand, if your kids see you saying things like, “I'd like to buy this, but it's not in the budget right now,” or “I like this, but I don't think this is worth the money,” it's likely that they'll grow up with a more realistic idea about spending. “ Mike Peterson

Check out the cute link for Mom's with little ones.



<https://www.youtube.com/watch?v=ZP57Kn9eAAQ>

“Kids soak up everything.” And when it comes to money, he says, most parents are teaching the wrong lessons. David Bach

## Reflection Questions:

1. How do you view your relationship with money in terms of saving, spending and giving?
2. Identify some ways that may be helpful in fostering healthy money discussions with your children and family regardless of age.

For a little laugh: Sarah Jessica Parker and the value of her shoes.

<https://www.youtube.com/watch?v=vu88btDqUPk>

*About Elaine Shanley:* I call myself slightly nerdy in a way that I love being organized and resourceful and helping others get there too. My heart is full towards community and connection with others. As a financial planner by day, I'm passionate about the partnerships I form with my clients to guide them at any stage in their financial journey. In my spare time, I love the Chesapeake Bay area, going for walks and engaging in enriching conversations. I can be reached at [www.financeforward.me](http://www.financeforward.me) or [elaine.shanley@financeforward.me](mailto:elaine.shanley@financeforward.me).

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