HOW TO LOWER YOUR FINANCIAL STRESS



The First Step

- Know your numbers
- Review income & expenses
- Identify financial pressure points
- Create a clear starting point



Biggest Mistakes

- Don't avoid the problem
- Take one small action
- Focus on progress, not perfection
- Build momentum



Create Peace Of Mind

- Build an emergency fund
- Start with $500-$1,000
- Automate savings
- Create financial confidence



Controlling Your Anxiety

- Focus on what you can control
- Good habits reduce stress
- Small steps add up
- Progress creates confidence

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