how THE FINANCIAL DIET does money.
what is TFD?
Pre-TFD Chelsea!

(Personal finance and general life responsibility levels have not yet peaked.)
Pre-TFD Lauren

(A perfectly-soft, sugar-coated financial existence...not.)
Basic Money Truths.

1. You’ll never get anything without asking for it.

2. If you don’t talk openly about money, it’s bound to hurt someone.

3. You must always spend less than you earn, and if you’re not, one of those two parts of the equation must change.

4. The earlier you start taking money seriously, the easier and more fruitful it will be.

5. Always have an emergency fund, and always have your own money.

6. Be ready to invest in things that are really worth it.

7. Always be thinking of Future You.
the emotional SIDE OF MONEY
where to begin

WHEN YOU’RE FINANCIALLY LOST.
Basic Accounts.

1. **Checking Account**
   - Day-to-day expenses
   - Roughly $1,000 in the account

2. **Savings Account**
   - In case you need to dip into it for an emergency
   - Roughly 3-6 months worth of living expenses

3. **Retirement Accounts**
   - 401k and IRA for pre-tax salary $$$
   - Stable & sometimes-matched contributions from employers

4. **More investments**
   - Make your money grow!
credit score
QUICK GUIDE.

https://www.creditsesame.com/blog/credit/credit-score-range-for-experian-transunion-equifax/
Credit Card Strategies.

1. Never exceed over 30% credit utilization
2. Set up your monthly bills to go through your credit cards
3. Never treat your credit card as “future money”
4. Make sure you’re upgrading your cards and using benefits that are available to you
how to
BUILD A BUDGET
Lauren's Budgeting Method.

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<th>B</th>
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Chelsea's BUDGETING METHOD.
2 Big Things.

1. Do one month of a cash-only diet to track every dollar you spend closely, and see where you can cut back more without feeling the pinch.

2. Challenge yourself to have at least one extra source of income per month, even if it’s just doing some virtual assistant work from bed or babysitting.
living a
WHOLE MONEY LIFE
Rules Of Negotiation:

1. Bring up the conversation, no matter how small the job

2. Even if you’re okay with it, don’t accept the opening offer without at least asking if it has some flexibility

3. Always have a floor at which you will walk away

4. Don’t worry about looking “desperate” -- negotiation is the ultimate sign of a financial adult

5. Stay polite and focused, never get personal
what to do

WHEN YOU’RE NOT BROKE
Investing basically means putting your money somewhere so that it will appreciate or grow over time, instead of just staying at a fixed value.

This could mean **stocks, real estate, bonds, mutual funds**, and any other place where the idea is to make that money appreciate!
Basic banking accounts: checking and savings

Retirement accounts

Mutual funds, ETFs, etc.

Individual stocks
If you don’t have at least one or two places where your money is growing, and earning more money by itself, financially you are always going to be a few laps behind. And, investing early is the best way to make sure that money will grow.
FUTURE SELVES!
(Still awake???)

Q & A