

Her Path⁷

Financial Wellness for Women

The Money Reset for Women

3 Simple Steps to Get Back
in Control of Your Finances



Hosted by
Lisa White Burns

**Founder and
Financial Wellness Coach
Her Path, LLC**

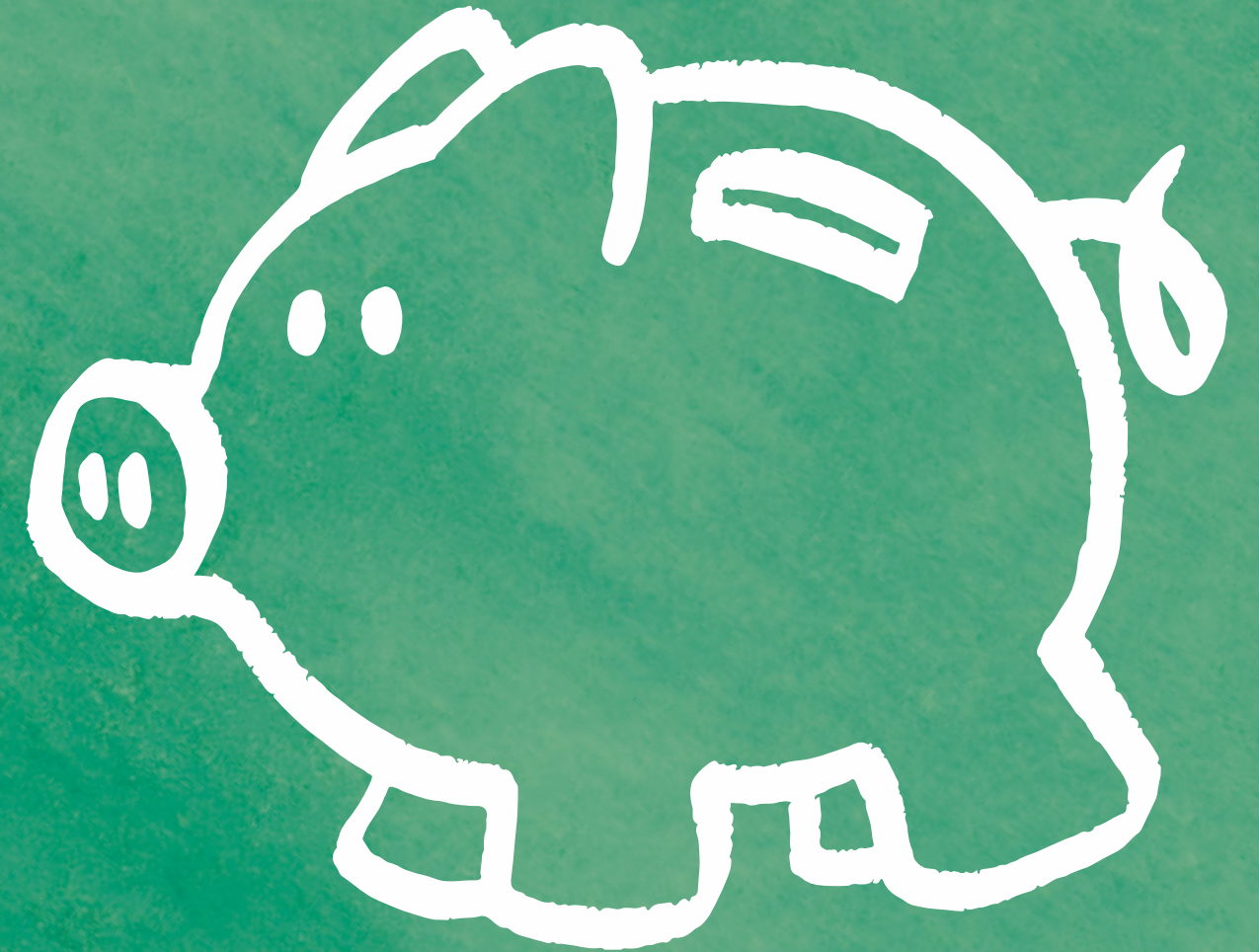
Why I created Her Path

Most women aren't bad with money —they've simply never been given the support, guidance, or space to feel confident managing their finances.



Women often get stuck

- Life gets busy (family, kids, caregiving, career)
- Someone else's role
- Avoidance because it feels overwhelming
- Was never taught
- Shame that I should “already know” or am “too late”



Reset #1: The Money Minute Habit

- Same day, same time, same location
- Review your accounts
- Stay aware without judgment
- Set your timer
- You can't feel in control of something you avoid
 - Simplest one to start today



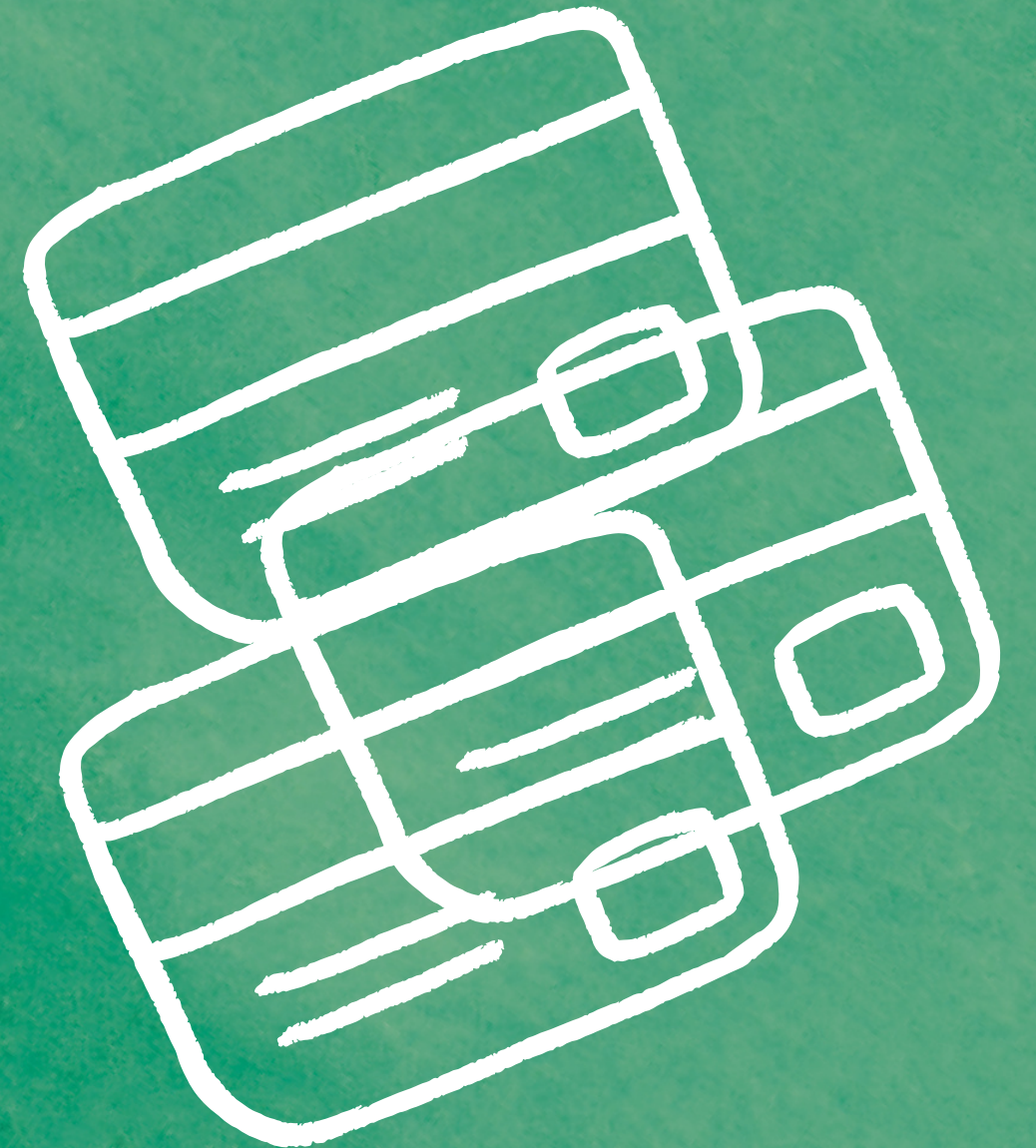
Reset #2: Build Your Safety Cushion

- Why this account is so important
- Start small - (\$25/week, whatever works)
- Automate and keep it consistent
- Options:
 - Traditional bank savings account
 - High Yield Savings Account (HYSA)
 - ie: Ally.com



Reset #3: Create Key Documents

- Estate Planning - A gift for your loved ones
- Protect your wishes - Create peace of mind
- 3 Key Documents
 - Last Will and Testament
 - Power of Attorney
 - Healthcare Directive (Living Will)
- Options:
 - DIY
 - Attorney
 - Accountability Partner (Her Path w/Trust & Will)



What can you do today to reset?



- What keeps you up at night?
- Pick ONE and commit to starting - today!
- Resources at Her Path: **www.herpathbegins.com**
- Join my “Wednesday Wisdom” newsletter:
www.herpathbegins.com/subscribe
- Schedule a complimentary Discovery Call: **lisa@herpathbegins.com**



The background is a solid green color with a subtle texture. It is decorated with various white line-art icons related to finance and business. These include stacks of money, individual coins, a dollar sign, a calculator, a piggy bank, a bar chart, a hand holding coins, a target with a dollar sign, a briefcase, and a document with a dollar sign.

Questions?

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Thank You!

www.herpathbegins.com

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Join my “Wednesday Wisdom” at
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