



FINFIT

# NEWSLETTER

ISSUE

05

April 2026

## A NEW SEASON, A NEW KIND OF HONESTY



March asked us to slow down and look inward. April invites us to tell the truth – the gentle, human kind.

Over the past few months, we've explored slow travel, emotional patterns, and the softer side of financial wellness. All of that reflection sets the stage for something equally important: being honest about the quirky, universal, sometimes-funny things we all do with money.

Because before we can change our habits, we have to see them clearly. And before we can design the life we want, we have to understand the one we're living.

This month, we're blending humor, self-awareness, and intentional growth as we step into a new series: The Life You're Creating.

## THE THINGS WE ALL DO WITH MONEY

*A playful look at the habits we rarely admit out loud*

Every one of us has a few money quirks – the tiny rituals, shortcuts, and emotional reflexes that show up whether we want them to or not. Maybe it's avoiding your banking app for a week after a big purchase. Maybe it's convincing yourself that ordering takeout "doesn't count" if you eat it at home. Maybe it's the thrill of adding things to your cart with zero intention of checking out.

This month's feature blog is a lighthearted, compassionate look at these shared habits – not to judge them, but to understand them. Because when we can laugh about our patterns, we can learn from them. And when we can learn from them, we can grow.

## THE 3-PART SERIES: THE LIFE YOU'RE CREATING



April's main focus is a deeper exploration of what it means to build a life with intention — not just financially, but emotionally, mentally, and practically.

### 1. **Who You Are Becoming**

This piece explores identity, values, and the quiet shifts that shape your next chapter. It's about noticing who you're growing into — and choosing that growth on purpose.

### 2. **What Freedom Means to You**

Instead of starting with goals or numbers, we begin with feelings: ease, stability, freedom, creativity, connection. This blog helps you define the emotional blueprint of the life you're creating.

### 3. **Designing Your Next Chapter**

This final part brings it all together — translating your values and emotional clarity into choices, habits, and financial decisions that support the life you want to build.

Each part will be available on the FinFit blog and YouTube channel, giving you space to reflect, imagine, and take aligned action.

## A MOMENT OF HONEST REFLECTION



THIS MONTH, I INVITE YOU TO PAUSE AND NOTICE:

- THE SMALL MONEY HABITS YOU'VE NEVER QUESTIONED
- THE STORIES YOU TELL YOURSELF ABOUT WHAT'S "RESPONSIBLE" OR "ALLOWED"
- THE WAYS YOU'RE ALREADY GROWING, EVEN IF IT FEELS SUBTLE
- THE LIFE YOU'RE QUIETLY BUILDING THROUGH YOUR DAILY CHOICES

GROWTH DOESN'T ALWAYS LOOK DRAMATIC. SOMETIMES IT LOOKS LIKE HONESTY. SOMETIMES IT LOOKS LIKE CLARITY. SOMETIMES IT LOOKS LIKE CHOOSING DIFFERENTLY — ONE MOMENT AT A TIME.

## APRIL MINI-REFLECTION

1. WHAT'S ONE MONEY HABIT YOU CAN FINALLY ADMIT WITH HUMOR INSTEAD OF SHAME?

2. WHAT PART OF YOUR LIFE FEELS READY FOR A FRESH START?

3. WHAT'S ONE FEELING YOU WANT MORE OF IN THE LIFE YOU'RE CREATING?

THERE ARE NO WRONG ANSWERS — ONLY HONEST ONES.

## CONNECT WITH FINFIT

WANT TO EXPLORE THESE TOPICS MORE DEEPLY?

SCAN THE QR CODE BELOW TO ACCESS FINFIT'S TOOLS, GUIDES, AND COMMUNITY RESOURCES.



## JOIN ME ON YOUTUBE

THROUGHOUT APRIL, I'LL BE RELEASING VIDEOS FOR EACH PART OF THE LIFE YOU'RE CREATING — FROM IDENTITY AND VALUES TO DESIGNING YOUR NEXT CHAPTER WITH CLARITY AND INTENTION.

IF YOU ENJOY THESE MONTHLY REFLECTIONS, YOU'LL APPRECIATE THE GROUNDED, PRACTICAL CONVERSATIONS HAPPENING ON THE CHANNEL. SUBSCRIBE, COMMENT, AND GROW WITH US.

YOUTUBE: [HTTPS://WWW.YOUTUBE.COM/@FINFITMONEY](https://www.youtube.com/@FINFITMONEY)

## MOVING FORWARD WITH HONESTY & INTENTION

MARCH HELPED US SLOW DOWN. APRIL HELPS US TELL THE TRUTH — ABOUT OUR HABITS, OUR HOPES, AND THE LIFE WE'RE BUILDING.

AS YOU CONTINUE YOUR BALANCED FIRE JOURNEY, MAY THIS MONTH BRING CLARITY, COURAGE, AND THE CONFIDENCE TO CREATE A LIFE THAT FEELS LIKE YOUR OWN.

