



FINFIT

# NEWSLETTER

January 2026

ISSUE

02

## Balanced FIRE Kickoff



### Fuel for the Journey Ahead

At FinFit, we believe financial wellness is about more than numbers — it's about confidence, clarity, and balance. That's why we're excited to start the year with our Balanced FIRE series, designed to help you build freedom while enjoying life today.

## Tending the Fire: A Balanced Start to 2026

Happy New Year! At FinFit, we're starting 2026 by focusing on Balanced FIRE — a path to Financial Independence, Retire Early that emphasizes balance, flexibility, and wellness.

This month, we're excited to launch a 4-part series that explores how Balanced FIRE can empower you to live with confidence, clarity, and purpose.

## The 4-Part Balanced FIRE Series



Here's what you can look forward to:

1. Foundations of Balanced FIRE Understanding the philosophy and why balance matters in financial independence.
2. Designing Your FIRE Roadmap Practical steps to align your savings, investments, and lifestyle goals.
3. Wellness + Wealth Integration How to connect financial health with emotional and physical well-being.
4. Living Your Balanced FIRE Life Real stories, tools, and strategies for sustaining freedom and joy.

## THE CAMPFIRE LESSON



LAST WINTER, MAYA SAT WITH HER FATHER BY A SMALL CAMPFIRE IN THEIR BACKYARD. THE FLAMES FLICKERED AGAINST THE COLD NIGHT, AND SHE ASKED HIM WHY HE ALWAYS SAVED A LITTLE MONEY EACH MONTH, EVEN WHEN THINGS FELT TIGHT.

HER FATHER SMILED AND POINTED TO THE FIRE. "SEE HOW EACH LOG BURNS DIFFERENTLY? SOME CATCH QUICKLY, OTHERS TAKE TIME. BUT TOGETHER, THEY KEEP US WARM. MONEY WORKS THE SAME WAY. IF YOU ONLY SAVE FOR TOMORROW, YOU'LL MISS TODAY'S WARMTH. IF YOU ONLY SPEND FOR TODAY, TOMORROW'S FIRE BURNS OUT."

MAYA REALIZED THAT BALANCE WASN'T ABOUT CHOOSING ONE OR THE OTHER — IT WAS ABOUT TENDING THE FIRE SO IT LASTS.

THAT NIGHT, SHE PROMISED HERSELF TO LIVE WITH BOTH JOY AND FORESIGHT. YEARS LATER, SHE CALLS IT HER BALANCED FIRE PHILOSOPHY: SAVING ENOUGH TO BUILD FREEDOM, WHILE STILL SAVORING THE SPARKS OF EVERYDAY LIFE.

## FIRE FOUNDATIONS QUIZ

1. WHAT DOES FIRE STAND FOR?

- A) FINANCIAL INDEPENDENCE, RETIRE EARLY
- B) FINANCIAL INVESTMENT, RETIREMENT ESSENTIALS
- C) FREEDOM, INTEGRITY, RESPONSIBILITY, EMPOWERMENT
- D) FUTURE INCOME, RETIREMENT EQUITY

2. BALANCED FIRE EMPHASIZES:

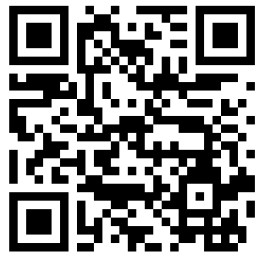
- A) EXTREME FRUGALITY
- B) BALANCE BETWEEN SAVING AND LIVING
- C) RETIRING AS FAST AS POSSIBLE
- D) AVOIDING INVESTMENTS

3. TRUE OR FALSE: BALANCED FIRE ENCOURAGES FLEXIBILITY IN RETIREMENT PLANNING.

ANSWERS: 1. A, 2. B, 3. TRUE

## CONNECT WITH FINFIT

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



## KEEP THE FIRE BURNING

BALANCED FIRE ISN'T ABOUT RUSHING TO THE FINISH LINE — IT'S ABOUT CREATING A LIFE OF FREEDOM, BALANCE, AND JOY. LET'S MAKE 2026 THE YEAR WE EMBRACE FINANCIAL WELLNESS TOGETHER.

