



FINFIT

NEWSLETTER

ISSUE

08

July 2026

A MONTH OF MOMENTUM, ALIGNMENT & FINANCIAL COURAGE



June helped us understand the connection between how we work and how we live. It invited us to look at our energy, our habits, and the stories we've carried into our careers.

And now July asks a new question:

How do we take what we've learned... and build long-term financial confidence from it?

This month, we close out the Work + Money series and step into one of the most important topics for real families:

Investing — the calm, simple, emotionally intelligent way.

Because financial wellness isn't just about earning money. It's about growing it with clarity, confidence, and peace.

CLOSING THE SERIES: WORK + MONEY

During June, we explored how work shapes our financial lives — not just through income, but through identity, confidence, and the way we design our days..

In early July, we wrap up the final chapter:

4. Side Income Without Overwhelm

A grounded look at earning more without sacrificing your well-being, your family, or your peace. We talked about boundaries, clarity, and choosing opportunities that fit your season of life.

Across the whole series, a few themes stood out:

- *Your paycheck is a tool — not your worth*
- *Career growth is both strategic and emotional*
- *Alignment matters more than hustle*
- *Your work should support your life, not consume it*

If you missed any part of the series, you can find all four chapters on the FinFit blog and YouTube channel.

Work + Money was about empowerment. July is about expansion.

INTRODUCING THE NEW SERIES: INVESTING FOR REAL FAMILIES



Investing feels complicated for so many people — not because they're doing anything wrong, but because no one ever taught us the emotional side of money.

This series is designed to change that.

Throughout July and August, we'll explore investing in a way that feels simple, calm, and doable, no matter where you're starting.

1. Why Investing Feels So Hard

A compassionate look at the emotional, cultural, and systemic reasons investing feels overwhelming — and why it's not your fault.

2. The 5 Investing Mistakes Real Families Make

Practical, relatable mistakes you've probably made (because we all have) — and how to fix them with confidence.

3. The Simple Family Investing Plan

A clear, steady framework you can use at any income level, in any season of life.

4. How to Start Investing When You Feel Behind

A shame-free roadmap for late starters, restarters, and anyone who feels like they "should have begun sooner."

5. Investing During Uncertain Times

A grounding guide for staying calm, steady, and focused when the world feels unpredictable.

Each part will be available on the FinFit blog and YouTube channel throughout July and August.

A MOMENT OF PERSONAL REFLECTION



THIS MONTH, I INVITE YOU TO NOTICE:

- WHAT EMOTIONS COME UP WHEN YOU THINK ABOUT INVESTING.
- THE STORIES YOU'VE INHERITED ABOUT MONEY, RISK, OR "BEING GOOD WITH FINANCES."
- WHERE YOU WANT MORE CLARITY, CONFIDENCE, OR SUPPORT
- THE FUTURE YOU'RE BUILDING — AND THE ROLE INVESTING PLAYS IN IT

JUST LIKE JUNE REMINDED US THAT ALIGNMENT MATTERS, **JULY REMINDS US THAT GROWTH IS POSSIBLE — AT ANY AGE, ANY INCOME, ANY STARTING POINT.**

JULY MINI-REFLECTION

1. WHAT'S ONE INVESTING TOPIC YOU WANT TO UNDERSTAND MORE CLEARLY?
2. WHAT'S ONE FINANCIAL HABIT YOU WANT TO STRENGTHEN THIS MONTH?
3. WHAT'S ONE STEP — EVEN A TINY ONE — THAT WOULD HELP YOU FEEL MORE CONFIDENT ABOUT YOUR LONG-TERM FUTURE?

THERE IS NO PERFECT INVESTOR — ONLY A LEARNING ONE.

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 JULY AND AUGUST, I'LL BE RELEASING VIDEOS FOR EACH PART OF THE INVESTING FOR REAL FAMILIES SERIES — FROM UNDERSTANDING WHY INVESTING FEELS OVERWHELMING TO BUILDING A SIMPLE, SUSTAINABLE PLAN FOR YOUR FAMILY.

IF YOU'VE BEEN ENJOYING THE WORK + MONEY SERIES, YOU'LL LOVE THE CLARITY, CALM, AND EMPOWERMENT IN THIS NEXT CHAPTER.

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

MOVING FORWARD WITH CONFIDENCE & COURAGE

JUNE HELPED US ALIGN OUR WORK WITH OUR LIVES. JULY HELPS US ALIGN OUR MONEY WITH OUR FUTURE.

AS YOU CONTINUE YOUR BALANCED FIRE JOURNEY, MAY THIS MONTH BRING CLARITY, CONFIDENCE, AND THE COURAGE TO INVEST IN THE LIFE YOU'RE CREATING.

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