



FINFIT

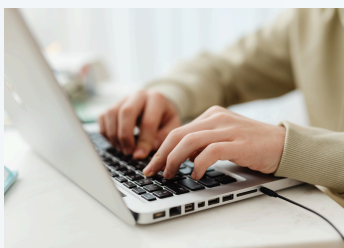
# NEWSLETTER

ISSUE

07

June 2026

## A SEASON OF CLARITY, COURAGE & NEXT-LEVEL GROWTH



May invited us to look inward – to understand our family patterns, our shared goals, and the emotional layers beneath our financial decisions. June takes that foundation and asks a new question:

How does the way we work shape the way we live?

This month, we close out the final chapter of Financial Wellness for Families and step into a new series designed to help you build confidence, clarity, and alignment in your career and income.

Because financial wellness isn't just about what happens at home. It's also about how you earn, grow, and make decisions in the world.

## CLOSING THE SERIES: FINANCIAL WELLNESS FOR FAMILIES

*In May, we wrapped up Part 5: When Life Gets Messy – a heartfelt look at how families stay grounded through uncertainty, stress, and unexpected change.*

*A few themes stood out:*

- *The importance of naming what's really going on*
- *How emotions shape financial decisions more than numbers do*
- *Why teamwork matters most when life feels unpredictable*
- *The power of small, steady steps during chaotic seasons*

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

*This series was about connection. June is about empowerment.*

## INTRODUCING THE NEW SERIES: WORK + MONEY



Your work life and your financial life are deeply connected – not just through income, but through identity, confidence, and the way you design your days.

This month, we begin a four-part series exploring how to build a work life that supports your financial goals and your well-being.

### **1. Understanding Your Paycheck**

A clear, practical breakdown of what you're actually earning – taxes, deductions, benefits, and the real numbers that matter. This episode helps you read your paycheck with confidence instead of confusion.

### **2. Career Growth & Financial Confidence**

A look at how your career path influences your long-term financial stability. We explore skill-building, strategic moves, and the mindset shifts that help you grow with intention.

### **3. Designing a Career That Supports Your Life**

Work shouldn't drain you – it should sustain you. This chapter helps you align your career with your values, energy, goals, and the life you're building.

### **4. Side Income Without Overwhelm**

A grounded, realistic approach to earning extra income without burning out. We talk boundaries, clarity, and choosing opportunities that fit your season of life.

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

## A MOMENT OF PERSONAL REFLECTION



THIS MONTH, I INVITE YOU TO NOTICE:

- HOW YOUR WORK IMPACTS YOUR ENERGY, MOOD, AND FINANCIAL CONFIDENCE
- THE PARTS OF YOUR PAYCHECK YOU'VE NEVER FULLY UNDERSTOOD
- THE CAREER HABITS OR BELIEFS YOU'VE INHERITED – AND WHETHER THEY STILL FIT
- THE KIND OF WORK LIFE YOU WANT TO BUILD MOVING FORWARD

JUST LIKE MAY REMINDED US THAT GROWTH CAN BE SHARED, JUNE REMINDS US THAT GROWTH CAN ALSO BE CHOSEN.

## JUNE MINI-REFLECTION

1. WHAT'S ONE PART OF YOUR PAYCHECK YOU WANT TO UNDERSTAND MORE CLEARLY?
2. WHAT'S ONE CAREER HABIT YOU WANT TO STRENGTHEN THIS MONTH?
3. WHAT'S ONE WAY YOUR WORK COULD BETTER SUPPORT YOUR LIFE — NOT JUST YOUR INCOME?

THERE IS NO PERFECT CAREER PATH — ONLY AN ALIGNED 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 JUNE AND JULY, I'LL BE RELEASING VIDEOS FOR EACH PART OF THE WORK + MONEY SERIES — FROM UNDERSTANDING YOUR PAYCHECK TO DESIGNING A CAREER THAT SUPPORTS YOUR LIFE.

IF YOU'VE BEEN ENJOYING THE FINANCIAL WELLNESS FOR FAMILIES SERIES, YOU'LL APPRECIATE THE CLARITY, PRACTICALITY, AND EMPOWERMENT IN THIS NEXT CHAPTER. SUBSCRIBE, COMMENT, AND GROW WITH THE FINFITFAM.

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

## MOVING FORWARD WITH CONFIDENCE & ALIGNMENT

MAY HELPED US STRENGTHEN OUR HOMES.  
JUNE HELPS US STRENGTHEN OURSELVES.

AS YOU CONTINUE YOUR BALANCED FIRE JOURNEY, MAY THIS MONTH BRING CLARITY, COURAGE, AND THE CONFIDENCE TO BUILD A WORK LIFE THAT SUPPORTS THE FUTURE YOU'RE CREATING.

FINFIT - [WWW.FINANICALFIT.MONEY](http://WWW.FINANICALFIT.MONEY)

