



FINFIT

NEWSLETTER

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Slow Travel, Soft Skills, Steady Growth



MARCH REFLECTION — AFTER THE SLOW TRAVEL SERIES

This past month, slow travel gave me more than new ideas — it gave me perspective. Sitting with these concepts reminded me how much life opens up when we stop rushing and start paying attention to what actually feels good, grounding, and aligned. I'm carrying that energy into March: a quieter pace, a little more intention, and a deeper appreciation for the kind of life I'm building — one choice, one moment, one breath at a time. If the series stirred something in you too, you're not alone. We're growing through this together.

FROM SLOW TRAVEL TO SOFT MONEY SKILLS

February invited us to slow down. March invites us to look inward.

If slow travel helped us rethink the pace of our lives, Soft Money Skills help us rethink the way we relate to money — emotionally, mentally, and practically. These are the skills that shape how we make decisions, how we respond to stress, how we communicate about money, and how we build a financial life that actually supports our well-being.

Soft Money Skills are the human side of financial wellness. They're the skills that don't show up in a spreadsheet but influence every number in it.

This month on the FinFit blog and YouTube channel, we're exploring the foundations of Soft Money Skills — the habits, mindsets, and emotional tools that help you navigate money with clarity, confidence, and compassion.

THE 3-PART SOFT MONEY SKILLS SERIES



1. Money & Emotions

Your emotional relationship with money shapes how you save, spend, avoid, or engage. This blog explores financial triggers, nervous system responses, and how to build emotional awareness that supports healthier choices.

2. Spending With Intention

Intentional spending isn't about restriction — it's about alignment. This piece helps you understand what matters to you, how to spend in ways that reflect your values, and how to create a financial life that feels like your own.

3. Building Financial Self-Trust

Self-trust is the quiet foundation of financial confidence. This blog explores how to rebuild trust in your decisions, especially if past mistakes or uncertainty have shaped your money story.

Each topic will be explored through both blog posts and YouTube videos, giving you multiple ways to learn, reflect, and practice.

A MOMENT OF GROUNDING



SOFT MONEY SKILLS ASK US TO PAUSE AND NOTICE:

- WHAT EMOTIONS SHOW UP WHEN MONEY ENTERS THE CONVERSATION
- HOW OUR HABITS REFLECT OUR DEEPER NEEDS
- WHERE WE'RE READY TO GROW, EVEN IF IT FEELS UNCOMFORTABLE

JUST LIKE SLOW TRAVEL, THIS WORK ISN'T RUSHED. IT'S LIVED. IT'S PRACTICED. IT'S FELT.

AND IT'S ALLOWED TO UNFOLD AT YOUR PACE.

SOFT MONEY SKILLS MINI-QUIZ

1. WHEN YOU FEEL STRESSED ABOUT MONEY, WHAT EMOTION SHOWS UP FIRST?
2. WHAT'S ONE SPENDING HABIT YOU'D LIKE TO APPROACH WITH MORE INTENTION?
3. WHERE IN YOUR FINANCIAL LIFE DO YOU WANT TO BUILD MORE SELF-TRUST?

THERE ARE NO WRONG ANSWERS — ONLY HONEST ONES.

CONNECT WITH FINFIT

WANT TO EXPLORE SOFT MONEY SKILLS AND BALANCED FIRE MORE DEEPLY?

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



JOIN ME ON YOUTUBE

THROUGHOUT MARCH, I'LL BE RELEASING VIDEOS FOR EACH PART OF THE SOFT MONEY SKILLS SERIES — FROM UNDERSTANDING YOUR EMOTIONAL PATTERNS TO REBUILDING FINANCIAL SELF-TRUST.

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)

KEEP MOVING WITH INTENTION

SLOW TRAVEL REMINDED US TO MOVE THROUGH THE WORLD WITH PRESENCE.

SOFT MONEY SKILLS REMIND US TO MOVE THROUGH OUR FINANCIAL LIVES WITH COMPASSION AND CLARITY.

AS YOU CONTINUE YOUR BALANCED FIRE JOURNEY, MAY MARCH BRING STEADINESS, SELF-AWARENESS, AND THE CONFIDENCE TO TRUST YOUR OWN PACE.

