



FINFIT

NEWSLETTER

ISSUE

06

May 2026

A SEASON FOR TOGETHERNESS & TEAMWORK



April invited us to tell the truth — about our habits, our hopes, and the life we’re quietly building. May takes that honesty and brings it into the heart of where it matters most: our families.

Money is woven into nearly every part of family life. It shapes routines, responsibilities, opportunities, and even the way we talk to each other. When we learn to approach money with curiosity instead of pressure, connection instead of conflict, something shifts. The home feels lighter. The future feels clearer. Everyone feels more supported.

This month, we’re exploring Financial Wellness for Families — not as a set of rules, but as a practice of communication, teamwork, and shared intention.

FEATURE BLOG: FINANCIAL WELLNESS FOR FAMILIES

A warm, practical look at how families can grow stronger through money conversations.

Every family has its own money culture — the unspoken rules, the inherited beliefs, the “this is just how we do things” patterns. Some of them help us. Some of them hold us back. Most of them we’ve never actually talked about.

This month’s feature blog explores:

- How to talk about money without tension
- How to understand each other’s money stories
- How to build shared goals that feel supportive
- How to create a home where everyone feels included in the financial journey

Just like April’s playful look at “the things we all do with money,” this piece brings humor, compassion, and clarity to a topic that often feels heavy.

THE 5-PART SERIES: FINANCIAL WELLNESS FOR FAMILIES



May's main focus is a deeper exploration of how families can build financial confidence together – with honesty, teamwork, and shared intention.

1. Money Conversations That Build Connection

This piece helps you create low-stress, emotionally intelligent conversations that strengthen trust and understanding in your home.

2. Teaching Kids About Money in Everyday Moments

Kids learn best through real life. This blog shows how to turn simple, daily experiences into meaningful money lessons.

3. Systems That Reduce Stress for Busy Households

From routines to responsibilities to shared calendars, this part helps you build systems that make life smoother – not stricter.

4. Planning for the Future Together

This piece explores how to dream, plan, and prepare as a team – whether you're thinking about college, travel, retirement, or simply next month.

5. When Life Gets Messy

Because life doesn't always go according to plan. This final part offers guidance for navigating financial curveballs with compassion, flexibility, and teamwork.

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

A MOMENT OF FAMILY REFLECTION



THIS MONTH, I INVITE YOU TO NOTICE:

- THE MONEY HABITS YOU'VE INHERITED – AND THE ONES YOU WANT TO PASS ON
- THE WAYS YOUR FAMILY ALREADY WORKS AS A TEAM
- THE CONVERSATIONS YOU'VE BEEN AVOIDING (AND WHY)
- THE FUTURE YOU'RE BUILDING TOGETHER, ONE CHOICE AT A TIME

JUST LIKE APRIL REMINDED US THAT GROWTH CAN BE SUBTLE – SOMETIMES IT LOOKS LIKE CLARITY, SOMETIMES IT LOOKS LIKE CHOOSING DIFFERENTLY – MAY REMINDS US THAT GROWTH CAN ALSO BE SHARED.

MAY MINI-REFLECTION

1. WHAT'S ONE MONEY BELIEF YOU LEARNED GROWING UP THAT YOU WANT TO KEEP — OR GENTLY RELEASE?
2. WHAT'S ONE FINANCIAL HABIT YOUR FAMILY COULD PRACTICE TOGETHER THIS MONTH?
3. WHAT'S ONE SHARED GOAL THAT FEELS EXCITING, SUPPORTIVE, OR MEANINGFUL RIGHT NOW?

THERE ARE NO PERFECT FAMILIES — ONLY GROWING 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 MAY, I'LL BE RELEASING VIDEOS FOR EACH PART OF THE FINANCIAL WELLNESS FOR FAMILIES SERIES — FROM CONNECTION-BUILDING CONVERSATIONS TO PLANNING FOR THE FUTURE TO NAVIGATING THE MESSY MOMENTS WITH GRACE.

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 CONNECTION & CLARITY

APRIL HELPED US TELL THE TRUTH.
MAY HELPS US TELL THE TRUTH TOGETHER.

AS YOU CONTINUE YOUR BALANCED FIRE JOURNEY, MAY THIS MONTH BRING CONNECTION, CONFIDENCE, AND THE COURAGE TO BUILD A FINANCIAL LIFE THAT SUPPORTS EVERY PERSON IN YOUR HOME.

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