

Money Date

Breathe, grab yourself a drink.
Much has been accomplished this week.
You're on your way to creating healthier financial habits!

Find a Tribe



A lot of us struggle with emotional spending, I've been guilty of that myself. Just like sticking to a diet we need an accountability buddy or a tribe, a group of like-minded people. This should be someone who will be honest with you and let you know when you're making a mistake.



Whether face to face or through a group online, we all need a good support system. Trust me having people cheering you on with every win big or small encourages you to keep moving forward.

