

It's a *Financial* Life

This session is being recorded.

Email with recording and resource links will be sent to everyone who registered for this session.

Chat has been disabled.

Attendees don't run the risk of accidentally sharing information that is too personal.

Attendees can submit questions with the Q&A Tool.

Survey will automatically open when the session concludes.

Please share your thoughts so we can improve future sessions.

Want to speak with someone directly about your money questions?

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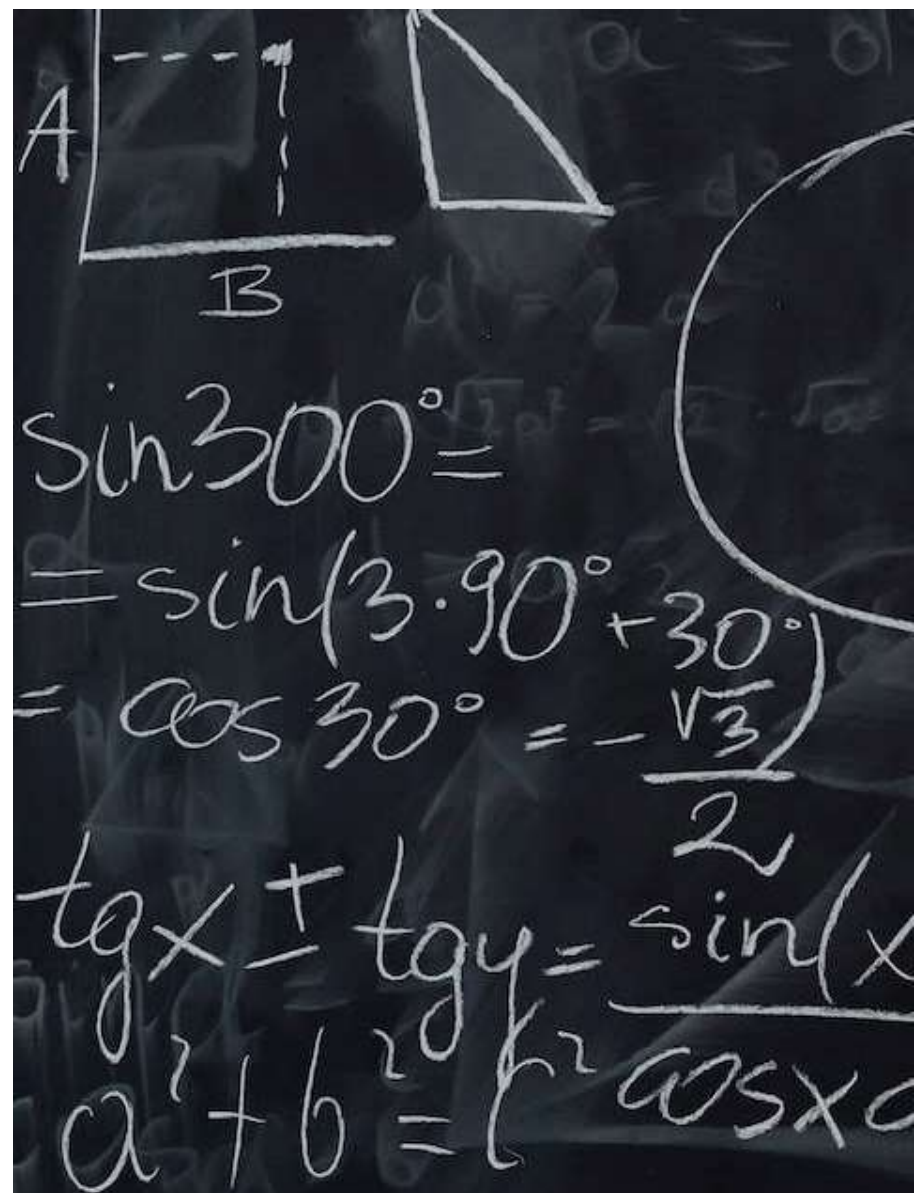


Defeating *Debt*



Debt is a Math Problem

- Debt isn't about failure - it's a numbers game.
- Small, consistent actions lead to big changes.
- No judgment, just solutions.
- Today's focus: Practical, stress-reducing strategies.



The Emotional Toll of Debt

- Financial stress can impact mental well-being.
- Avoiding debt makes it grow.
- Knowing your numbers reduces anxiety.
- Progress builds motivation.



Taking the First Step: Listing Your Debts

1. Loan types (credit cards, personal loans, overdue accounts)
2. Total balances
3. Interest rates
4. Minimum payments
5. Due dates

0	Debt			
1	Personal Loan	-\$112.00		3
2	Credit Card 1	-\$113.00		4
3	Credit Card 2	-\$137.00		25
4	Medical Payment	-\$250.00		25
5	Consolidation Loan	-\$210.00		30
6				

Snowball vs. Avalanche

- Snowball: Pay smallest debt first to gain momentum.
- Avalanche: Pay highest interest first to save money.
- Overdue accounts: Contact creditors to negotiate payment plans.
- Consider personal motivation vs. math optimization.
- Choose a strategy and stick to it.

Finding Extra Cash Without Major Sacrifices

- Cut one unnecessary expense this month.
- Negotiate bills (internet, insurance, subscriptions).
- Automate debt payments to stay consistent.
- Use tax refunds, bonuses, or side hustle income for debt.
- Credit card debt tip: Avoid minimum payment traps.



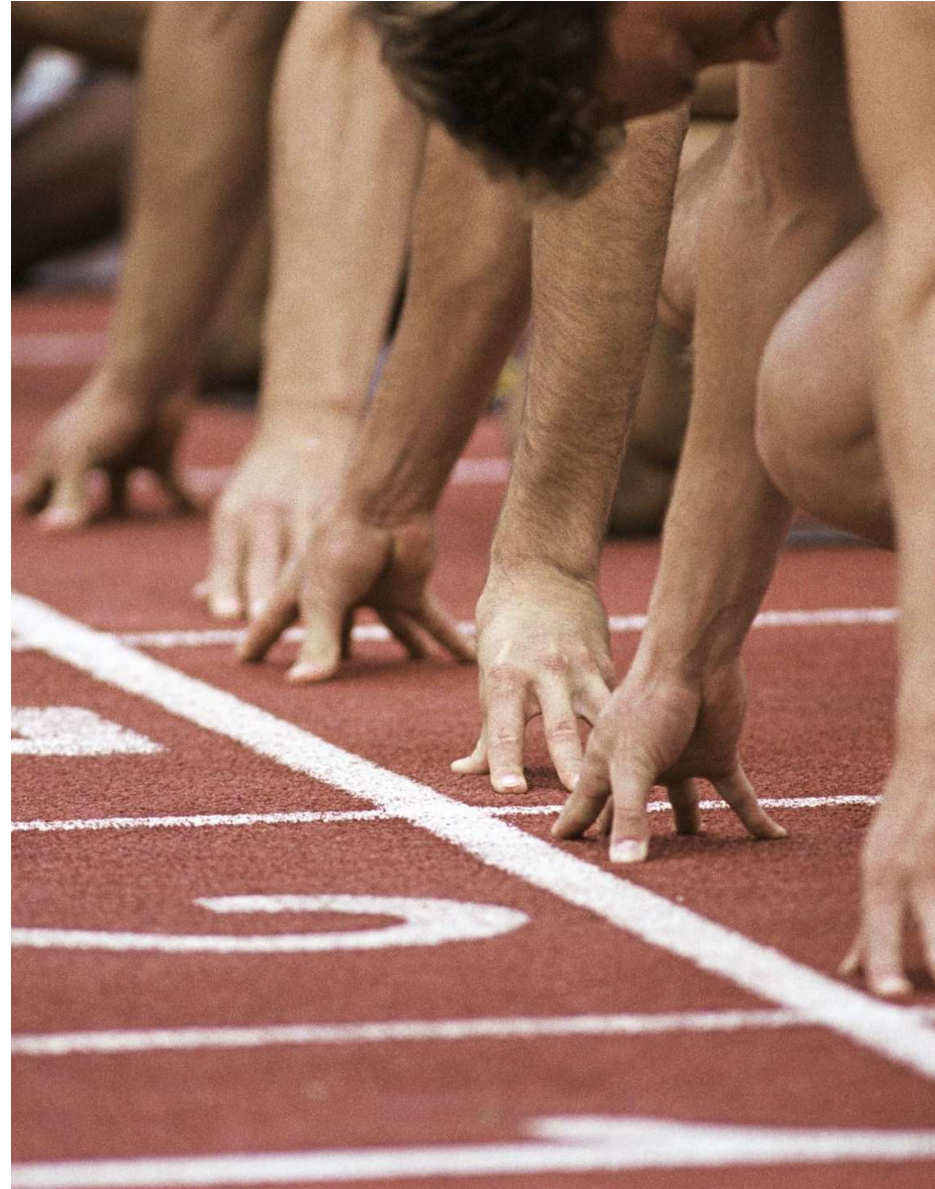


Balancing Debt Payoff & Savings

- Small emergency savings prevents new debt.
- Start with \$400, then build.
- Split extra cash: Some to savings, some to debt.
- Avoid “all or nothing” thinking.
- Credit card risk: Carrying balances costs more in interest over.

Automate, Consolidate & Stay on Track

- Set up auto-payments and pay early.
- Consider debt consolidation loans (lower interest rates).
- Overdue accounts: Contact creditors before they go to collections.
- Credit card management
- FICO Score Impact: Missing payments is the biggest factor in your credit score.



What's One Expense You Can Cut This Month?

- Can you reduce a subscription?
- Pack lunch instead of eating out once a week?
- Skip one impulse purchase?
- Apply savings to a credit card payment or overdue bill.
- Small steps create big progress.



Keep the Momentum Going

Book a free financial coaching session.

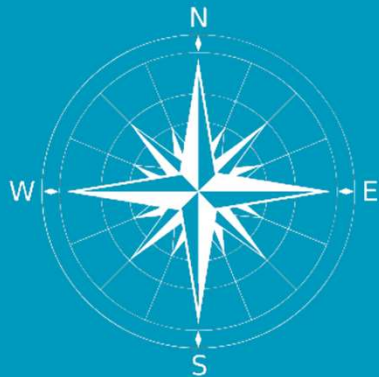
Revisit past webinars for more strategies.

Register for next month's session: Wellness for Your Wallet.

MONEY COMPASS

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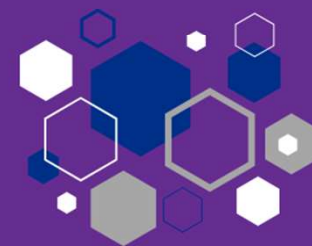
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Q&A