



# *Path to* **Financial Wellness**

QUICK INSIGHTS FOR A  
STRONGER FINANCIAL FUTURE

Imagine if money felt less stressful and  
more empowering. We're here to guide  
you every step of the way.



*All our dreams  
can come true,  
if we have the courage  
to pursue them.*

- Walt Disney

Walt Disney's wisdom applies perfectly to financial goals.  
Achieving your dreams requires both the *vision* to see  
possibilities beyond your current circumstances and the  
*courage* to take consistent action toward them.

# Budgeting

## MAKING YOUR PAYCHECK GO FURTHER

A budget helps you give every dollar a purpose, avoid financial stress, and free up money for what matters most. Think of your budget as your financial foundation – once you have a solid foundation, you can work up from there.

## BUILD A SIMPLE BUDGET

**Know your numbers:** Write down your total monthly income (after taxes). Track every expense for a month – housing, transportation, food, debt payments, subscriptions, entertainment.

**Figure out your Net Cash Flow:** Mapping your money flow is a critical step in creating an effective budget. This process reveals your current financial reality; not what you *think* is happening, but what's actually occurring with your money.

**INCOME - EXPENSES = NET CASH FLOW**

To create an accurate cash flow map, gather at least one month of financial data (three months is ideal). Review bank and credit card statements and categorize each transaction. Pay special attention to automatic payments and subscriptions, which are easily forgotten but can add up significantly. Once you've documented your income and expenses, calculate the difference.

If you're spending more than you earn, you've identified a critical issue that needs immediate attention. If you have a surplus, you can strategically decide how to allocate those extra funds toward your financial goals.

## Apply the 50/30/20 Rule



The 50/30/20 rule will help you set the groundwork for where your money is going and how it is being used. This approach will help you manage debt, while also giving you an opportunity to indulge a little, and help you plan for the future.

**50% Needs:** Rent/mortgage, utilities, groceries, insurance.

**30% Wants:** Dining out, travel, hobbies, shopping.

**20% Savings & Debt Repayment:** Emergency fund, retirement, extra debt payments.

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## **ADJUSTING THE FRAMEWORK FOR YOUR REALITY**

### **High-Cost Areas (60/20/20)**

If you live in an expensive metro area where housing costs are above average, you might need to allocate more to needs and trim wants.

### **Lower Income Adjustments (70/20/10)**

When income is tight, essential needs may consume a larger percentage. Focus on gradually increasing your savings rate as income grows. Even saving just 5-10% consistently is better than not saving at all.

### **Debt Paydown Focus (50/20/30)**

When tackling significant debt, consider shifting more toward savings/debt and reducing wants until you've improved your financial position.

### **Financial Independence Path (40/10/50)**

Those pursuing aggressive savings goals may choose to minimize both needs and wants to maximize savings and investments.

When adapting the framework, consider both your current constraints and your long-term aspirations. If your current situation doesn't allow for ideal allocations, identify one small step you can take now and plan incremental improvements as your circumstances change.

## **Set Financial Goals**

Goals are important to motivate and guide you while creating your budgets. Improving your monthly spending habits to secure a positive net cash flow requires some preparation.

### **THINK “SMART”**

Set goals that are specific, measurable, achievable, realistic, and time bound.

#### **QUICK TIP**

Treat savings like a fixed bill—automate it on payday so you never miss it.

## **Understanding Your Credit**

Credit affects more than loans. Landlords, employers, and even insurance companies may look at your credit. A healthy score saves you money and opens opportunities. Your credit score (300-850) is based on:

- **35% Payment history:** Pay on time, every time.
- **30% Amounts owed:** Keep balances under 30% of your limits.
- **15% Length of credit history:** Older accounts help your score.
- **10% New credit:** Too many applications lower your score.
- **10% Credit mix:** A variety (loans + credit cards) is best.

## SMART CREDIT HABITS

- Always pay at least the minimum due on time.
- Keep balances low to avoid interest and protect your score.
- Limit new accounts – apply only when needed.
- Review your credit report each year at [AnnualCreditReport.com](https://www.annualcreditreport.com).

Good credit doesn't happen overnight. Steady, consistent habits build long-term strength.

**Example:** A borrower with excellent credit may save tens of thousands of dollars in interest on a mortgage compared to someone with fair credit.

## Saving & Debt Management Solutions

Savings provide security, while debt can create stress. Balancing both helps you take control of your financial future.

### SMART SAVINGS STRATEGIES

**Start an emergency fund:** Aim for \$500-\$1,000 at first, then build toward 3-6 months of expenses. Being prepared and building an emergency fund for unexpected costs like car repairs and vet bills are an essential part of your savings strategy.

**Automate savings:** Set up payroll deposit or automatic transfers. Start small, stay consistent – Even \$20 a week adds up over time.

### DEBT PAYOFF STRATEGIES

- **Snowball method:** Pay smallest balances first for motivation. Keep balances low to avoid interest and protect your score.
- **Avalanche method:** Pay highest-interest balances first to save money.
- **Debt consolidation:** Simplify multiple payments into one (if it lowers interest).
- **Seek help if needed:** Nonprofit credit counseling can provide guidance.
- **Avoid the Debt Cycle:** Payday loans and high-interest options can trap you. Explore alternatives like credit union personal loans or payment plans instead.

### QUICK TIP

Keep saving while paying down debt. Even a small cushion prevents you from relying on credit when emergencies arise.

## Behavioral Finance

### UNDERSTANDING MONEY MINDSETS

**Financial health** is more than just dollars and cents; it's a foundation that supports every other area of wellbeing. When your money is managed well, you reduce stress and gain confidence, which positively affects your mental health, allowing you to focus on your relationships, career, and personal goals without constant financial worry.

**Financial stability** also supports your physical health, since money challenges are one of the leading causes of stress-related illness. When you're in control financially, you

have the freedom to pursue experiences, education, and other opportunities that bring fulfillment, strengthening your overall social and emotional wellbeing.

### COMMON TRAPS

- **Lifestyle creep:** Spending more as income rises instead of saving.
- **Impulse buying:** Shopping to relieve stress or boredom.
- **Anchoring:** Focusing on the monthly payment, not the total cost.
- **Present bias:** Prioritizing today's wants over tomorrow's security.



#### QUICK TIP

**Awareness is power.** Once you identify your patterns, you can create better habits. Financial health is not separate from the rest of your life, it's deeply connected. By improving your money habits, you improve your quality of life.

### HOW TO STAY IN CONTROL

- **Pause before buying:** Wait 24 hours before major purchases.
- **Set spending rules:** For example, use cash for dining out.
- **Reduce temptation:** Unsubscribe from retail marketing emails. Don't fall into "FOMO" or "Fear of Missing Out" by focusing on what your friends are posting on social media. It's rarely the whole picture, and you never know how long someone saved for that vacation they posted about.
- **Align spending with values:** Ask, "Does this purchase support what matters most to me?"

## Saving for Retirement

The future you are building depends on what you do today. Time is your greatest asset. The earlier you start, the more your money grows.

### KEY RETIREMENT STRATEGIES

- **Start now, start small:** Even small amounts compound significantly over decades.
- **Contribute enough to your employer match:** It's free money for your future.
- **Save 10-15% of your income if possible:** Adjust as your income grows.

### CHOOSE THE RIGHT ACCOUNTS

- **401(k)/403(b):** Employer-sponsored, often with a match.
- **Traditional IRA:** Tax-deductible now, taxable later.
- **Roth IRA:** Contributions are after-tax, withdrawals are tax-free in retirement.

**Stay invested for the long haul – Don't panic over market ups and downs.**

**Example:** Saving \$200/month starting at age 25 could grow to more than \$500,000 by age 65. Waiting until 35 could cut that total in half.



#### QUICK TIP

The best time to start was yesterday.  
The next best time is today.

# Budgeting Worksheet

## STEP 1: FINANCIAL GOALS CHART

Purpose	Target Date	Total Needed	Monthly Savings
Example: Emergency Savings	12 months	\$1,200	\$ 100
		\$	\$
		\$	\$
		\$	\$
		\$	\$
		\$	\$
<b>TOTAL MONTHLY GOALS:</b>			\$

## STEP 2: INCOME CHART

Source	Gross	Net
Job	\$	\$
Spouse's job	\$	\$
Second job	\$	\$
Rental income	\$	\$
Commissions/bonuses	\$	\$
Tax refunds	\$	\$
Investment income	\$	\$
Child support/alimony	\$	\$
Government benefits	\$	\$
Other:	\$	\$
<b>TOTAL MONTHLY INCOME:</b>	\$	\$



To learn more or to schedule a workshop for your team, please scan the QR code or email us at [MemberEducation@partnersfcu.org](mailto:MemberEducation@partnersfcu.org)

# Budgeting Worksheet

## STEP 3: EXPENSE TRACKING CHART

Item	Week 1	Week 2	Week 3	Week 4	Week 5	Monthly Total
Housing (rent/mortgage, HOA, homeowners insurance, property taxes)	\$	\$	\$	\$	\$	\$
Utilities (Internet, phone, etc.)	\$	\$	\$	\$	\$	\$
Transportation (gas, car payment, Uber)	\$	\$	\$	\$	\$	\$
Shopping (clothing, hobbies, etc.)	\$	\$	\$	\$	\$	\$
Health & personal care	\$	\$	\$	\$	\$	\$
Insurance (health, life, disability, etc.)	\$	\$	\$	\$	\$	\$
Child/dependent care	\$	\$	\$	\$	\$	\$
Pet care	\$	\$	\$	\$	\$	\$
Entertainment	\$	\$	\$	\$	\$	\$
Vacations/trips	\$	\$	\$	\$	\$	\$
Gifts & donations	\$	\$	\$	\$	\$	\$
Other:	\$	\$	\$	\$	\$	\$
<b>TOTAL</b>	<b>\$</b>	<b>\$</b>	<b>\$</b>	<b>\$</b>	<b>\$</b>	<b>\$</b>

## STEP 4: CURRENT VS. PROPOSED SPENDING GOALS

Item	Current	Proposed
Housing (rent/mortgage, HOA, homeowners insurance, property taxes)	\$	\$
Utilities (Internet, phone, etc.)	\$	\$
Transportation (gas, car payment, Uber)	\$	\$
Shopping (clothing, hobbies, etc.)	\$	\$
Health & personal care	\$	\$
Insurance (health, life, disability, etc.)	\$	\$
Child/dependent care	\$	\$
Pet care	\$	\$
Entertainment	\$	\$
Vacations/trips	\$	\$
Gifts & donations	\$	\$
Other:	\$	\$
<b>TOTAL</b>	<b>\$</b>	<b>\$</b>

## STEP 5: NET CASH FLOW CHART

Income Minus Expenses	Amount
Total monthly net income	\$
Total monthly expenses	- \$
<b>TOTAL</b>	<b>= \$</b>

## EVERYDAY WAYS TO SAVE

- Find ways to reduce costs within your spending ‘wants’ by making meals at home instead of eating out, buying items in bulk, and renegotiating or cancelling monthly subscriptions and bills.
- Do your research and take advantage of discounts and coupons when you can. A simple online search can save you money.
- Save on electricity and gas by turning off anything that isn’t in use, like overhead lights, air conditioning, or heaters.
- Carpool with a friend or consider sharing your home to reduce expenses.
- Your credit union usually offers lower rates on loans to minimize debt.
- Set up spending alerts and sign up for overdraft protection on your Partners checking account to avoid overspending and extra fees.

## Next Steps & Commitments

**Write down three actions you'll commit to this month to improve your finances.**

1.

2.

3.

**Write your 'why' – the reason you're working toward financial stability.**

## COMPLIMENTARY FINANCIAL EDUCATION RESOURCES

- **1:1 Certified Personal Financial Counseling:** Take the first step toward greater financial confidence with personalized guidance from one of our Certified Financial Counselors. Together, we'll review your budget and debt scenarios and build the skills needed on your path to financial stability.
- **In-Person Financial Workshops and Virtual Education Webinars:** Over 20 topics including Budgeting, Ways to Build Generational Wealth & Leave a Legacy, First-Time Home Buyer, Saving for Retirement, and more!

## Get to Know Partners

Since 1960, Partners Federal Credit Union has been more than just a financial institution—we've been the trusted financial partner of The Walt Disney Company, providing tailored solutions for Disney Cast, Employees, and their families.

What truly sets us apart is our Member-first, not-for-profit structure. Every dollar we earn is reinvested back into our Members, delivering preferred interest rates, lower fees, and enhanced financial resources, ensuring Disney Employees and Cast Members have access to the financial tools they need to succeed.

### YOUR PARTNERS FOR EVERY PATH

- Partners Checking
- High-Yield Savings
- Concierge Lending
- Retirement & Wealth Management
- Mortgage and Home Equity
- Loan Protection and Insurance
- Relationship Rewards
- Supportive Resources

## Innovative Solutions

### SUPPORTING OUR MEMBERS' FINANCIAL GOALS TODAY AND TOMORROW

As trusted financial advocates, we're here to help our Members succeed with tailored lending products and the resources they need every step of the way.



As a not-for-profit organization, our goal is to **serve our Members**, not generate profits for shareholders.

**Five Members** can worry less each year with access to immediate cash for emergencies when we fund just **one home mortgage**.



Federally insured by NCUA.  
NMLS 442122

## Partners Supportive Resources

Building an emergency savings fund is crucial for financial stability, helping Members cover unexpected expenses like medical bills or car repairs without going into debt. Planning ahead allows Members to be well-prepared for life's uncertainties, and we help our Members take proactive steps to ensure they are financially ready for whatever comes next.

**75% of Americans feel stress related to financial preparedness.\***

**[partnersfcu.org/supportive-resources](http://partnersfcu.org/supportive-resources)**



**Financial Coaching**



**Hardship Assistance**



**Retirement Savings Guidance**



**Emergency Savings & Loans**



**ATM Access Anywhere**



**Partners Loan Protection**

“My next paycheck was a few days away, and I needed to cover groceries and fuel to make it to work. I cried on the phone when they said I was approved. The struggle is a real thing these days, but I keep a smile on my face and push through.

***I'm very thankful for this loan.  
It was truly a blessing.***

– Disney cast member

**Imagine your banking relationship fueling emergency support and wellness programs for Disney Employees.**

<sup>1</sup>Must be a Partners Member and have your payroll set up with direct deposit to a Partners Federal Credit Union account. Eligibility for the early pay program may vary and certain employers may not participate.

<sup>2</sup>Some restrictions apply. Requires employment verification and is subject to other underwriting factors. Online applications not available.



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Partners Everywhere includes a nationwide Co-op shared network of over 30,000 surcharge-free ATMs, 9,000+ which are deposit taking, and over 5,000 branch locations. ATM terminals within the network can be found at many credit unions and select retail locations including 7-Eleven®, Publix, Wawa, and Costco®.



## Notes

**Imagine ...**  
a tomorrow where  
your finances support  
your dreams.

**We'll help you get there.**



**Join today and experience  
the Partners Difference.**





Your financial *Partners for life.*

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