

## Get Support

Improving your financial well-being is not an easy task. If you're going to succeed, you'll need the support of your spouse or partner, family, and friends. We encourage you to partner with someone in a similar situation, set up a support team, and tell the people close to you how they can help.

Which type of support could you use?

### Get a Financial Buddy

Working with someone can make it easier to reach a goal. It's great to have your coach's support, but it's also important to find one or more people in your life who are trying to improve their own financial well-being—paying off debt, following a budget, or saving regularly. Maybe a group of your co-workers, families in your neighborhood, or your book club can take it on together. That way you can help each other.

### Build Your Support Team

When you need help, who are your go-to people? The ones you can count on to be in your corner? Now's the time to ask them to encourage you to begin improving your financial well-being. It can be embarrassing to talk about at first, but once you start sharing that you want to get out of debt or you want to follow a budget, you'll be surprised how supportive people can be. They may even be in the same boat.

Who can cheer you on, help you avoid your temptations, remind you of why you want to improve your financial well-being, or give you ideas for setting aside money? Will you ask for support from at least three people? Write their names in the spaces below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## *Ways Your Team Can Support You*

Once you have your team in place, tell them what type of help you need to reach your goal. If you don't tell them what you need, they will have to guess. Here are some ideas. Check the ones that will work for you and add some of your own.

*Name of Supporter:*

Suggest low-cost ways to get together, such as taking a run, attending free concerts, or going out for coffee instead of lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Don't invite you to go shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swap child care with you so you both save on the cost of a sitter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remind you to track expenses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Share cost-saving ideas with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid pressuring you to buy things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send you coupons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep you away from your spending temptations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remind you of the pay-offs of improving your financial well-being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help you get organized	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Text or email you each day to see how you're doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celebrate small victories with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen when you need to talk over your financial struggles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teach you how to use financial tools on the Internet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tell you about mobile apps that can help you save money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help you make a budget	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suggest fair bill-splitting plans if you eat out with a group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>