



# Get moneyfit with enable.me

## A Guide to Moving the Dial on Debt

'Get moneyfit with enable.me' offers practical advice, expert insights, and actionable steps to help you take control of your finances and get financially fit in New Zealand.

This eBook covers essential topics such as clearing debt, saving effectively, and developing a strong money mindset. With a focus on strategic planning and practical tips, this guide empowers you to take control of your finances and get moneyfit with enable.me.

**enable.me**

moneyfit.me

# Congratulations on taking the first step towards financial freedom!

Welcome to 'Get moneyfit with enable.me' a comprehensive guide designed to help you understand and manage debt, build your savings, and set you on the path towards financial success.

Whether you're overwhelmed by debt, struggling to save, or simply looking for guidance on your financial journey, this eBook is here to provide you with the knowledge, tools, and strategies needed to shape your financial future on your own terms.

## Why This eBook?

Many Kiwis find themselves burdened by debt, unable to save, and uncertain about their future. In 'Get moneyfit with enable.me' we'll address these challenges head-on.

This eBook is not just about providing information; it's about empowering you with actionable steps and practical advice to transform your financial situation. Let's get started!

## What You'll Learn

This eBook covers a range of essential topics, including:



Developing a strong wealth mindset



Clearing debt and understanding its impact



Saving effectively for your future



Strategic planning for long-term financial success



How to get – and stay – moneyfit.

Each chapter is designed to build on the previous one, ensuring you have a solid foundation before moving on to more advanced concepts. By the end of this eBook, you will have a clear roadmap to financial freedom and becoming moneyfit.

## Get the Most Out of This eBook

**Take Your Time:** Don't rush through the content. Each section is packed with valuable information that requires thoughtful consideration and application.

**Take Action:** Implement the strategies and tips provided. Knowledge without action is ineffective.

**Reflect and Adjust:** Regularly review your progress and make adjustments as needed. Financial planning is an ongoing process.

Remember, the journey to financial freedom is a marathon, not a sprint. Be patient, stay committed, and use this eBook as your guide.

# Prepare Your Foundation and Money Mindset

A strong financial foundation and a positive money mindset are crucial elements for achieving financial success. Without these, it's challenging to make meaningful progress, no matter how much information or advice you have.

This chapter provides an overview of the steps required to create your financial plan.

We'll cover each of these in more detail throughout the following chapters.

## Understanding your cash position

The first step in preparing your financial foundation is understanding where you currently stand. This involves:

- **Assessing Your Income:** Understand how much money you have coming in each month from all sources, including salary, bonuses, side jobs, and any other income streams.
- **Tracking Your Expenses:** Record all your expenses, both fixed (rent/mortgage, utilities, insurance) and variable (groceries, entertainment, dining out). Use a budgeting app (like moneyfit.me Tracker) or a spreadsheet to help with this process.
- **Evaluating Your Debts:** List all your debts, including credit card balances, personal loans, student loans, and any other liabilities. Note the interest rates and monthly payments for each.
- **Reviewing Your Assets:** Take stock of your assets, such as savings accounts, investments, property, and valuable possessions.

By gaining a clear picture of your financial situation, you can identify areas for improvement and create a realistic plan for managing your money.

# Develop a Positive Money Mindset

Your mindset towards money significantly influences your financial behaviours and decisions. A positive money mindset involves:

- **Knowing what's possible for improving your financial situation:** Believe that you can create positive change for yourself. Financial skills can be learned over time, but having determination is essential to staying on course.
- **Viewing Money as a tool to unlock financial freedom:** Money is a means to achieving your goals and improving your quality of life.
- **Practicing Gratitude:** We are programmed to chase the newest trend or shiny new thing. Focusing on what you already have helps you develop an appreciation and satisfaction with your life and, in turn, a healthier relationship with your money.

## Steps to Cultivate a Positive Money Mindset

- **Taking Action:** One of the biggest boosts to your financial mindset is showing yourself you're capable of improvement.
- **Set Clear Financial Goals:** Define what you want to achieve financially. This could be paying off debt, saving for a first home deposit, or building an emergency fund.
- **Educate Yourself:** Knowledge is power. Read books, attend workshops, and follow financial experts to improve your financial literacy.
- **Surround Yourself with Positive Influences:** Engage with people who have a healthy attitude towards money. Avoid those who perpetuate negative beliefs or poor financial habits.
- **Practice Mindfulness:** Be aware of your spending habits and financial decisions without judgment. Reflect on whether they align with your goals and values.
- **Celebrate Small Wins:** Acknowledge your achievements and give yourself praise for the progress you make. This helps build momentum and keeps you motivated.

## Create a Personalised Financial Plan

A personalised financial plan serves as your road-map to achieving your financial goals. Here's how to create one:

- **Organise Your Financial Goals:** Start with your short-term goals (e.g., paying off a credit card), then move on to medium-term (e.g., saving for a first home deposit) and long-term goals (e.g., retirement savings).
- **Create a Budget:** Allocate your income to cover essential expenses, debt payments, savings, and discretionary spending. Track your spending to ensure you're living within your means.
- **Pay Off Debt:** Prioritising paying off short-term debt such as credit card, Buy Now Pay Later or personal loan balances. Use strategies like the debt snowball or avalanche method (discussed in detail later) to expedite the process.
- **Build an Emergency Fund:** Aim to save 3-6 months' worth of living expenses. This fund provides a financial cushion in case of unexpected events like job loss or medical emergencies.
- **Save and Invest:** Regularly contribute to your savings and investment accounts. Diversify your investments to reduce risk and maximise returns.

Money should be seen as a means to achieve your goals and improve your quality of life

### Regularly Review and Adjust Your Plan

Your financial situation and goals may change over time. Therefore, it's important to:

- **Review Your Plan Periodically:** Assess your progress and make adjustments as needed. This could involve reallocating your budget, setting new goals and recalibrating after a setback, or changing your investment strategy.
- **Seek Professional Advice:** Consider working with a financial adviser or coach who can provide personalised guidance and help you stay on track.

Preparing your foundation and developing a positive money mindset are essential steps in your financial journey.

By understanding your current financial situation, setting clear goals, and creating a personalised financial plan, you'll be well-equipped to take control of your finances and move closer to becoming moneyfit.

Stay committed, be patient, and remember that every small step you take brings you closer to financial freedom.

Preparing your foundation and developing a positive money mindset are essential steps in your financial journey.



# Overview of Short-Term Debt and Its Impact

Short-term debt can significantly impact your financial health and wellbeing. Understanding the nature of this type of debt, its implications, and how to manage it effectively is crucial for achieving financial stability and moving towards your long-term goals.

In this section, we will explore the different types of short-term debt, the effects of carrying such debt, and strategies for managing and reducing it.

## Understanding Short-Term Debt

Short-term debt typically refers to any borrowing that needs to be repaid within a year. Common types of short-term debt include:

- **Credit Card Debt:** One of the most prevalent forms of short-term debt, credit card balances often carry high interest rates, making them expensive to maintain over time.
- **Personal Loans:** These loans can be used for various purposes, such as medical expenses or home repairs. They usually have a fixed repayment period and interest rate.
- **Payday Loans:** Short-term loans designed to bridge the gap between pay days. They often come with extremely high interest rates and fees.
- **Overdrafts:** A facility provided by banks allowing account holders to withdraw more money than they have in their accounts. Overdrafts can carry hefty fees and interest rates.



## Impact of Short-Term Debt

Carrying short-term debt can have several negative impacts on your financial health and overall wellbeing:

- **High Interest Costs:** The high interest rates associated with short-term debt can lead to significant financial costs over time. For example, credit card debt can quickly accumulate interest, making it challenging to pay off the principal balance.
- **Cash Flow Strain:** Regular payments towards short-term debt can strain your monthly cash flow, limiting your ability to save or invest for the future.
- **Credit Score Damage:** Missing payments or carrying high balances relative to your credit limit can negatively affect your credit score, making it harder to obtain favourable terms on future loans or mortgages.
- **Stress and Anxiety:** The burden of short-term debt can cause significant stress and anxiety, affecting your mental and physical health.
- **Opportunity Cost:** Money spent on servicing debt is money that cannot be used for other financial goals, such as saving for a first home deposit or investing for retirement.



Clearing debt is essential to becoming moneyfit. Yet many of us believe that becoming debt-free is an insurmountable climb – in the next section we'll debunk some of these common financial myths so you can learn to empower yourself on your financial journey.

Money spent on **servicing debt is money that cannot be used for other financial goals**, such as saving for a first home deposit or investing for retirement.

# Common Financial Myths

Financial success is as much about mindset as it is about money management skills. Many people unknowingly harbour myths and limiting beliefs about money that hinder their progress.

This section aims to help you identify and overcome these barriers, paving the way for a healthier relationship with money and better management in the future.

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## Common Financial Myths

### *“Debt is Unavoidable”*

Many people believe that debt is a necessary part of life. While some debt, like a mortgage or student loans, can be considered “good” debt, living beyond your means and accumulating high-interest debt is avoidable with proper financial planning.

**Reality Check:** Debt can be managed and even avoided with disciplined saving, budgeting, and spending habits.

### *“I’ll Need to Earn More to Get Ahead”*

This myth perpetuates the idea that saving or financial success is only possible with a higher income. Beyond a certain point, saving is much more about habits than income level.

**Reality Check:** Understand your options – a little is better than nothing. Begin saving a portion of your income now, no matter how small. Over time, these savings will grow, and your habits will be established.

### *“Investing is Only for the Wealthy”*

Many believe that investing requires significant money and is too risky for the average person.

**Reality Check:** Starting with small, regular investments can lead to substantial growth over time, thanks to the power of compound interest. There are also low-risk investment options available.

### *“I’m Just Not Good with Money”*

This belief often stems from past financial mistakes or a lack of financial education.

**Reality Check:** Financial skills can be learned. With the right resources and commitment, anyone can improve their money management abilities.

**By addressing these myths and adjusting your perspective towards a more positive and empowered approach, you are taking the first step in adopting a growth mindset for success.**



# Adopt a Growth Mindset for Financial Success

A growth mindset is the belief that your abilities and intelligence can be developed through dedication and hard work.

This mindset contrasts with a fixed mindset, which views abilities as static and unchangeable. Adopting a growth mindset can significantly impact your financial success.

## Characteristics of a Growth Mindset

- **Embraces Challenges:** Sees challenges as opportunities to learn and grow.
- **Persists Through Obstacles:** Stays committed to goals despite setbacks.
- **Learns from Criticism:** Uses feedback to improve.
- **Finds Inspiration in Others' Success:** Views others' success as a source of motivation.

## Applying a Growth Mindset to Finances

Moving beyond myths and limiting beliefs is crucial for financial empowerment.

By challenging these misconceptions and adopting a growth mindset, you can transform your relationship with money and pave the way for lasting financial success.

- Aim to learn more about personal finance. Take courses, read books, and stay informed about financial trends.
- Recognise and celebrate small financial wins. This reinforces positive behaviour and builds confidence.
- Financial setbacks are inevitable. Use them as learning experiences rather than reasons to give up.
- Seek advice from financial advisers and mentors. Constructive feedback can help you improve your financial strategies.

**Remember,** the key is to stay informed, stay committed, and believe in your ability to achieve your financial goals. Now let's look at how we'll start mapping out your financial vision.

# Steps to Create Your Financial Vision

## Reflect on Your Values and Priorities

Consider what's most important to you. This could be financial security, first home ownership, travel, education, or philanthropy.

## Visualise Your Ideal Financial Future

Imagine your life five, ten, or twenty years from now. What does financial success look like to you? How do you spend your time and money?

## Write It Down

Write a detailed description of your financial vision. This can serve as a source of motivation and a reminder of what you're working towards.

## Breaking Down Goals into Actionable Steps

Large goals can seem overwhelming, making it difficult to know where to start. Breaking down goals into smaller, actionable steps can make them more manageable.

### EXAMPLE: SAVING FOR A FIRST HOME DEPOSIT

- 1. Determine the Total Amount Needed:**  
Research the typical deposit required for homes in your desired area.
- 2. Set a Savings Target:**  
Decide how much you need to save each month to reach your target within your timeframe.
- 3. Adjust Your Budget:**  
Identify areas where you can cut back on expenses or increase your income to meet your savings target.
- 4. Automate Savings:**  
Set up automatic transfers to your savings account to ensure consistency.
- 5. Monitor Progress:**  
Regularly review your savings progress and adjust as needed.

## Staying Committed to Your Goals

Setting goals is only the first step; staying committed is crucial for success. Here are some tips to help you stay on track:

- **Regularly Review Your Goals:** Schedule regular check-ins to review your progress and adjust your plan if necessary.
- **Stay Flexible:** Life circumstances can change, requiring you to adjust your goals. Stay flexible and adapt as needed.
- **Celebrate Milestones:** Recognise and celebrate when you reach key milestones. This keeps you motivated and reinforces positive behaviour.
- **Seek Support:** Share your goals with a trusted friend, family member, or financial coach who can provide encouragement and accountability.

Setting clear, actionable financial goals and creating a vision for your financial future are critical steps towards achieving financial success. By breaking down your goals into manageable steps, you can stay focused, motivated, and on track.



Remember, **the journey towards financial freedom is a marathon, not a sprint.**

Stay committed, stay flexible, and keep your eyes on the prize.



# Create a Personalised Financial Plan

## – Optimise your Spending

A personalised financial plan is your roadmap to achieving your financial goals. It provides structure, direction, and clarity, helping you make informed decisions and stay on track.

This section will guide you through the process of creating a comprehensive financial plan tailored to your unique circumstances and objectives.

### Steps to Create a Personalised Financial Plan

You will have now created your goals and assessed your situation. The next step in creating your personalised financial plan is to begin optimising your spending by creating a budget.

### Re-assess Your Current Financial Situation

In the previous chapter, we looked at how to assess your financial situation. If you haven't yet done so, you can now begin creating your assessment before moving this into your budget.

- **Income:** List all sources of income, including salary, bonuses, side jobs, and passive income.
- **Expenses:** Track all your expenses, both fixed and variable. Use budgeting tools or apps to help with this process.
- **Assets:** Take stock of your assets, such as savings accounts, investments, property, and valuable possessions.
- **Liabilities:** List all your debts, including credit cards, personal loans, student loans, and any other liabilities. Note the interest rates and monthly payments for each.

### Create Your Budget to Optimise Your Spending

A budget helps you allocate your income towards expenses, savings, and debt repayment. Here's how to create one:

- **Track Your Spending:** Monitor your expenses to understand your spending habits. You can use moneyfit.me Tracker to categorise and track expenses by linking the app directly to your bank account.
- **Categorise Expenses:** Divide your expenses into categories, such as housing, utilities, groceries, transportation, entertainment, and savings.
- **Set Spending Limits:** Establish spending limits for each category based on your income and financial goals.
- **Review and Adjust:** Regularly review your budget and make adjustments as needed to stay on track.

# Create a Personalised Financial Plan

## – Develop a Strategy

### **BUILD AN EMERGENCY FUND**

An emergency fund provides a financial cushion in case of unexpected events, such as losing your job or medical emergencies. Aim to save 3-6 months' worth of living expenses (housing, power, food). Start by setting aside a small amount each month until you reach your target.

### **SAVE AND INVEST**

Regularly contribute to your savings and investment accounts. Consider setting up automatic transfers to ensure consistency. Reduce risk and smooth out volatility in returns. Seek advice from a financial adviser if needed.

### **PLAN FOR RETIREMENT**

Start saving for retirement as early as possible to take advantage of compound returns. Contribute to retirement accounts, such as KiwiSaver, and ensure you're in the appropriate fund for your situation.

### **STRATEGICALLY REDUCE DEBT**

Once you've listed your debts, look at the available options for reducing these as quickly as possible. We cover a few of these options in the following section.

### **REGULARLY REVIEW AND ADJUST YOUR PLAN**

Your financial situation and goals may change over time. Therefore, it's important to:

- 1. Review Your Plan Periodically:**  
Assess your progress and make adjustments as needed. This could involve reallocating your budget, setting new goals, or changing your investment strategy.
- 2. Seek Professional Advice:**  
Consider working with a financial adviser or coach who can provide personalised guidance and help you stay on track.

# Craft a Personalised Financial Plan

## – Resources and Tools

### Tools and Resources for Financial Planning

**Budgeting Apps:** Tools like [moneyfit.me Tracker](#) imports your bank feeds and allows you to categorise your spending. This then allows you to analyse on a granular level where your money is going and where you can make changes.

**Financial Calculators:** Online calculators can help you estimate loan payments, savings growth, and retirement needs.

**Investment Platforms:** Platforms like Sharesies and Hatch make it easy to start investing with small amounts of money.

**Educational Resources:** Books, podcasts, and online courses can provide valuable insights into personal finance and investing.

### Tips for Staying on Track

**Consistent Spending Analysis:** Once you've set up your spending tracker, check it regularly to ensure you're up to date with categorising your transactions so that you can clearly see your progress at all times. This will allow you to continually analyse your spending on your financial journey.

**Stay Motivated:** Revisit the reason you're doing this - your 'why' - when the going gets tough.

**Stay Accountable:** Accountability is a key driving force of your success. A financial coach can help keep you accountable to achieving your goals and ensure you get and stay moneyfit.

**Automate Savings and Payments:** Set up automatic transfers to your savings and investment accounts. Automate bill payments to avoid late fees and interest charges.

**Set Reminders:** Use calendar reminders or financial apps to keep track of important dates, such as bill due dates and savings goals.

**Track Progress:** Regularly review your financial statements and budget to track your progress. Celebrate milestones and adjust your plan as needed.

Creating a personalised financial plan is a crucial step towards achieving your financial goals. By setting clear goals, assessing your current situation, and developing a structured plan, you can take control of your finances and work towards a secure and prosperous future.

Remember, financial planning is an ongoing process. Regularly review and adjust your plan to stay on track and adapt to changes in your circumstances. With dedication and persistence, you can achieve your financial dreams.

In the upcoming sections, we will explore strategies for reducing short-term debt, and increasing your cash surplus. Stay engaged and committed as we continue this journey towards getting you moneyfit.



# Strategies for Reducing Short-Term Debt

Reducing short-term debt requires a proactive approach and disciplined financial habits. Here we'll look at some common debt-reduction strategies, including debt consolidation and tips for repaying your debt faster.

## Create a Debt Repayment Plan

- **List Your Debts:** Start by listing all your short-term debts, including the outstanding balances, interest rates, and minimum monthly payments.
- **Prioritise Debts:** Use strategies like the debt snowball or avalanche method to expedite the process:
- **Debt Snowball Method:** Focus on paying off the smallest debts first while making minimum payments on larger debts. This approach builds momentum and motivation as you eliminate debts.
- **Debt Avalanche Method:** Focus on paying off the debts with the highest interest rates first while making minimum payments on others. This approach minimises the total interest paid over time.
- **Set a Budget:** Allocate a portion of your income specifically for debt repayment. Cut back on non-essential expenses to free up more funds for this purpose.

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## Consolidate Your Debt

Consider consolidating multiple high-interest debts into a single loan with a lower interest rate. This can simplify your payments and reduce the total interest paid over time.

Options for consolidation include personal loans, balance transfer credit cards, and home equity loans.

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## Increase Your Income

Look for ways to boost your income, such as taking on a part-time job, freelancing, or selling unused items. Use the additional income to pay down your debt faster.

## Negotiate with Creditors

Contact your creditors to negotiate better terms, such as lower interest rates or extended repayment periods. Some creditors may be willing to work with you if you demonstrate financial hardship.

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## Maintaining Motivation and Staying on Track

Paying off debt can be a long and challenging journey. Here are some tips to help you stay motivated and on track:

- **Set Milestones:** Break your debt repayment plan into smaller, manageable milestones and celebrate your progress along the way.
  - **Track Your Progress:** Regularly review your debt balances and track your progress. Seeing the numbers decrease can be highly motivating.
  - **Stay Positive:** Focus on the benefits of being debt-free, such as reduced stress, improved financial health, and the ability to save and invest for the future.
  - **Seek Support:** Share your goals with a trusted friend, family member, or financial coach who can provide encouragement and accountability.
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## Use Windfalls Wisely

Apply any unexpected windfalls, such as tax refunds, bonuses, or gifts, towards your debt. This can make a significant dent in your balances.

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## Avoid Accumulating More Debt

Commit to not taking on additional debt while you are in the process of paying down existing balances. This might involve using a cash-only system or leaving your credit cards at home.

**Apply any unexpected windfalls,**  
such as tax refunds, bonuses, or gifts,  
towards your debt.

# Tools and Resources for Debt Management

Understanding and managing short-term debt is a crucial step towards achieving financial stability and moving closer to your long-term goals. Here are some tools and resources to help you on your journey:

**Budgeting Tools:** Apps like moneyfit.me Tracker can help you track your spending, set a budget, and identify areas where you can cut back.

**Debt Repayment Calculators:** Online calculators can help you understand how long it will take to pay off your debt and how much interest you will pay over time.

**Credit Counselling Services:** Non-profit credit counselling agencies can provide guidance and support in managing your debt, including helping you create a repayment plan and negotiating with creditors.

**Debt Management Programmes:** These programmes, often offered by credit counselling agencies, consolidate your debts into a single monthly payment and may negotiate lower interest rates on your behalf.

By creating a debt repayment plan, prioritising your debts, and utilising available tools and resources, you can effectively reduce and eventually eliminate your short-term debt.

Stay committed, maintain a positive mindset, and remember that every step you take brings you closer to financial freedom. In the next section, we'll begin looking at how to optimise your cash surplus and what you earn.

# Strategies for Increasing Your Cash Surplus

A positive cash surplus - where your income exceeds your expenses - is essential for achieving financial goals, such as paying off debt, saving for a first home deposit, and investing for the future.

This section will explore various strategies to increase your cash surplus, ensuring you have the financial flexibility to meet your objectives.

## Understanding Cash Surplus

A cash surplus occurs when you have money left over after covering all your expenses. Increasing your cash surplus can accelerate debt repayment, enhance your savings, and provide a buffer for unexpected expenses.

To achieve this, you can either increase your income, reduce your expenses, or both.

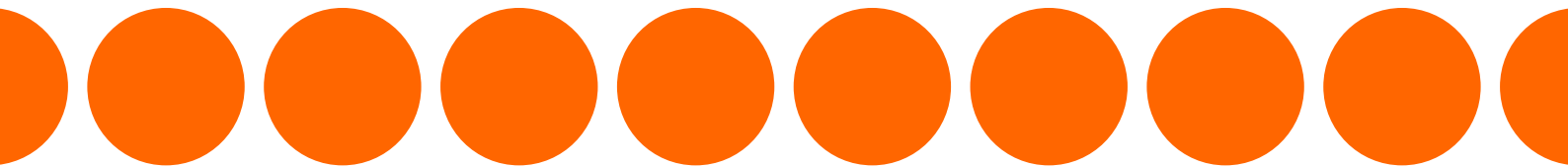


## Increasing Your Income

- Ask for a Pay Rise** ..... If you're performing well at your job and believe your contributions are valuable, consider asking for a pay rise. Prepare by researching typical salaries for your role and making a compelling case for your request.
- Pursue a Promotion** ..... Seek opportunities for advancement within your current organisation. Acquiring new skills, taking on additional responsibilities, and demonstrating leadership can position you for a higher-paying role.
- Explore Side Hustles** ..... Identify side hustles that align with your skills and interests. This could include freelance work, consulting, tutoring, or selling handmade goods. Platforms like Upwork, Fiverr, and Etsy can help you get started.
- Leverage Gig Economy Jobs** ..... Consider gig economy opportunities, such as driving for ride-sharing services, delivering food, or renting out a room on Airbnb. These can provide flexible income streams.
- Invest in Education and Skills** ..... Invest in furthering your education and skills to increase your earning potential. This could involve taking courses, obtaining certifications, or pursuing a degree.

# Reducing Your Expenses

- Create and Stick to a Budget** ..... Develop a budget that outlines your income, expenses, and savings goals. Stick to this budget to avoid overspending and identify areas where you can cut back.
- Cut Unnecessary Expenses** ..... Review your expenses and identify non-essential items you can reduce or eliminate. This could include dining out, subscription services, and entertainment costs.
- Shop Smart** ..... Look for discounts, use coupons, and buy in bulk to save on groceries and household items. Compare prices and consider switching to generic brands.
- Reduce Utility Bills** ..... Implement energy-saving measures, such as using energy-efficient appliances, turning off lights when not in use, and reducing water consumption. Shop around for better rates on utilities and services.
- Refinance Loans** ..... Consider refinancing high-interest loans, such as credit card debt or personal loans, to lower your interest rates and monthly payments.
- Limit Impulse Purchases** ..... Avoid impulse buying by making a shopping list and sticking to it. Wait 24 hours before making non-essential purchases to determine if they're necessary.



# Improving Your Financial Habits

- Automate Savings** ..... Set up automatic transfers to your savings account to ensure consistent saving. This can help you build an emergency fund and save for future goals.
- Pay Yourself First** ..... Prioritise saving by allocating a portion of your income to savings before paying other expenses. This ensures that saving is a priority rather than an afterthought.
- Track Your Spending** ..... Regularly monitor your spending to ensure it aligns with your budget. Use moneyfit.me Tracker or a spreadsheet to track expenses and identify areas for improvement.
- Review Subscriptions & Memberships** ..... Assess the value of your subscriptions and memberships. Cancel any that you don't use or need.
- Plan Meals** ..... Plan your meals and cook at home to save on dining out costs. Preparing meals in advance can also help you avoid costly convenience foods.

# Maximising Your Savings and Investments

## → High-Interest Savings Accounts:

Deposit your savings in high-interest accounts to maximise the interest earned. Compare rates from different banks and financial institutions.

## → Employer-Sponsored Retirement Plans:

Take advantage of employer-sponsored retirement plans, such as KiwiSaver. Contribute enough to receive any employer match, as this is essentially free money.

## Invest Wisely:

Invest in a diversified portfolio that aligns with your risk tolerance and financial goals. Consider consulting with a financial adviser to develop an appropriate investment strategy.

## Use Windfalls Wisely:

Apply any unexpected windfalls, such as bonuses, tax refunds, or gifts, towards your savings or investments.

Increasing your cash surplus is a critical step towards achieving your financial goals and securing your financial future.

By focussing on increasing your income, reducing your expenses, and adopting sound financial habits, you can create a substantial cash surplus that enables you to pay off debt, save for your first home, and invest for long-term growth.

Stay disciplined, regularly review your finances, and adjust your strategies as needed to maintain a positive cash flow and achieve your financial aspirations.



# Recap of Key Points

Throughout this eBook, we have covered a wide range of topics related to financial empowerment and achieving your goals in New Zealand. Let's recap some of the key points discussed:

- A strong financial foundation and a positive money mindset are crucial for achieving financial success.
- Debt can have a major impact on your financial health, and you must implement strategies to reduce and eliminate high-interest debt.
- Prioritise debt repayment, establish a budget, and explore debt consolidation options to streamline payments and save on interest.
- By understanding your current financial situation, setting clear goals, and creating a personalised financial plan, you'll be well-equipped to take control of your finances
- Stay accountable to your goals and motivated on your journey by engaging the support of a financial adviser and coach.
- Create an emergency fund and explore ways to maximise your earning potential to boost your efforts to reduce debt and get moneyfit.



# The Role of a Financial Coach in Your Journey

Wondering how an enable.me coach can get you moneyfit and take your journey from debt to success? Our coaches are dedicated to empowering you to reach your financial aspirations by providing lifelong skills and tailored guidance.

Here's how enable.me personalised financial strategies are crafted:



## ASPIRATION

Our clients often aim for more than they ever thought possible because their coach shows them what's possible. Whether it's achieving specific financial milestones or realising ambitious dreams, our coaches align strategies with your aspirations, fueling the pursuit of your goals.



## INTENTION

Clear, defined goals serve as the foundation of a robust financial plan. Unexpected challenges are inevitable, but clearly outlined objectives ensure adaptability without losing sight of your ultimate aims. Our coaches work with you to establish these clear markers, enabling flexible navigation through life's uncertainties.



## BEHAVIOURS AND HABITS

Reprogramming money habits often involves introspection and self-awareness. Our coaches facilitate this transformative journey, aiding clients in adopting new financial behaviours and cultivating disciplined money management routines.



## PROGRESS

Measurable progress is pivotal in managing and achieving financial goals. Clients benefit from ongoing access to their performance metrics and regular reviews with their coach, ensuring consistent progress towards their desired outcomes.



## SUPPORT AND ACCOUNTABILITY

Navigating financial decisions can be daunting. Our coaches provide unwavering support, guiding your decision-making process, and instilling the confidence to make informed choices at pivotal moments. We're here to keep you accountable and on track towards your financial success.



By partnering with an enable.me coach, you're not just embarking on a debt-reduction journey but gaining a dedicated ally committed to steering you towards financial fulfilment and freedom.

# Getting moneyfit with enable.me

Your enable.me coach is your partner in crafting a personalised financial roadmap, tailored to your unique circumstances and aspirations. Here's how we work alongside you to pave the way towards financial success:

## **Personalised Financial Planning**

We kickstart your financial journey by assessing your current financial status, discerning your goals, and recommending a customised programme to align with your aspirations. Our comprehensive understanding of your position and strategic recommendations lay the foundation for a tailored plan to meet your specific financial objectives.

## **Tactical Modelling and Strategic Insights**

By analysing your specific circumstances, we present tactical options, illustrating short, medium, and long-term implications for each. This empowers you with knowledge of the benefits and opportunity costs associated with each decision, informing your strategic financial choices.

## **Empowerment to Act**

Setting inspiring and achievable goals is our focus. Once agreed upon, we collaboratively create a step-by-step plan to propel you towards the next stage of your financial journey. Our role is to support and guide you, ensuring adherence to the plan and aiding in making necessary behavioural shifts along the way.

## **Support in Times of Uncertainty**

Life's unexpected challenges can present setbacks. Whether it's a job loss, unforeseen house repairs, relationship changes, or illness, your coach assists in swiftly reviewing and recalibrating your plan to navigate these unforeseen circumstances effectively.

## **Access to Specialist Support Services**

When you engage with enable.me, you gain access to a diverse team of experts across various financial domains. From KiwiSaver and personal insurance to wealth management, mortgages, and property, our specialist teams provide comprehensive support, ensuring holistic and informed decision-making aligned with your goals.

## **Final Advice and Next Steps**

Regardless of your current financial position, engaging with a coach can optimise your circumstances and propel you towards greater financial success.

We specialise in tailoring strategies to individual needs and showing you how much better you could be doing if you have a plan in place. Why settle for being okay if you could thrive instead?

By partnering with an enable.me coach, you gain access to bespoke financial strategies, expert support, and a roadmap to navigate the complexities of debt reduction and wealth accumulation, ensuring your financial success regardless of your starting point

# Glossary

This glossary provides definitions and explanations for common financial terms and resources to help you navigate your financial journey with confidence.

**Debt:** Money owed by one party to another, typically incurred through borrowing, loans, or credit card usage.

**Savings:** Money set aside from income for future use or emergencies, often held in savings accounts or other interest-bearing accounts.

**Lending:** The act of providing funds to individuals or entities with the expectation of repayment, often with interest.

**Mortgage:** A legal agreement by which a bank, building society, etc. lends money at interest in exchange for taking title of the debtor's property, with the condition that the conveyance of title becomes void upon the payment of the debt.

**Credit Score:** A numerical representation of an individual's creditworthiness, based on their credit history and financial behaviour.

**Deposit:** A sum of money paid in advance as security or partial payment, such as a down payment on a property.

**Interest Rate:** The rate at which interest is charged on borrowed money, usually expressed as a percentage of the principal loan amount.

**Wealth Mindset:** A positive attitude and mindset towards money, wealth, and abundance, focussing on opportunities rather than limitations.

**Financial Goals:** Specific objectives or targets related to personal finances, such as saving for retirement, paying off debt, or buying a home.

**Vision Board:** A visual representation of one's goals, dreams, and aspirations, often created by collaging images, words, and symbols onto a board or canvas.

**Financial Plan:** A comprehensive roadmap outlining an individual's financial goals, strategies, and actions to achieve them.

**Compound Interest:** The process by which interest is earned on both the initial principal and the accumulated interest from previous periods, resulting in exponential growth over time.

**Asset Allocation:** The distribution of investment funds across different asset classes, such as stocks, bonds, and real estate, to manage risk and optimise returns.

# Resources

**enable.me Financial Strategy and Coaching:** Professional financial coaching services tailored to your individual needs and goals, providing personalised guidance, education, and support.

**AdviceFirst:** AdviceFirst is a nationwide network providing high quality financial advice and expertise. They help thousands of Kiwis prosper and protect themselves and focus on helping personal and business clients achieve their goals to realise a better future.

**AMP:** AMP Wealth Management is a specialist KiwiSaver and general insurance provider, helping Kiwis to achieve a great retirement.

**moneyfit.me:** moneyfit.me deals with money fundamentals, money goals, digital coaching solution with a custom app to track your spending.

**KiwiSaver:** A voluntary retirement savings scheme in New Zealand, designed to help individuals save for retirement through contributions from both employees and employers.

**Real Estate Listings:** Online platforms and websites where you can search for properties for sale or rent, view listings, and connect with real estate agents.

**Investment Platforms:** Online brokerage firms and investment platforms that allow you to buy, sell, and manage investments such as stocks, bonds, ETFs, and mutual funds.

**Government Resources:** Official government websites and resources providing information on taxation, retirement planning, housing assistance, and financial regulations.

**Financial Publications:** Books, magazines, and websites covering personal finance topics, investment strategies, market trends, and wealth-building principles.

**Educational Workshops and Seminars:** In-person and online workshops, seminars, and webinars hosted by financial experts and organisations, offering valuable insights and knowledge on various financial topics. enable.me offers regular webinars on the topics of mortgages, wealth, and retirement.

**Professional Advisers:** Certified financial planners, accountants, attorneys, and other professionals who can provide expert advice and assistance on complex financial matters. Speak to an enable.me financial adviser and coach if you need assistance with the next steps on your journey.

By utilising these resources and continuing to educate yourself about personal finance and wealth-building strategies, you can make informed decisions, navigate financial challenges, and achieve your goals with confidence and clarity.

# Checklists

Checklists are valuable tools for organising tasks, tracking progress, and ensuring that nothing is overlooked in the pursuit of your financial goals.

## Financial Planning Checklist:

- ☐ Review current debts and outstanding balances.
- ☐ Create a budget to prioritise debt repayment.
- ☐ Explore debt consolidation options to streamline payments and save on interest.
- ☐ Improve credit score by paying bills on time and reducing debt.
- ☐ Build an emergency fund to cover unexpected expenses.
- ☐ Ensure understanding of important concepts, such as debt management and property purchasing process.
- ☐ Stay committed to your financial goals and objectives.
- ☐ Seek support from enable.me financial coaches or other professionals as needed.
- ☐ Take proactive steps to continue your financial education and empowerment journey.
- ☐ Seek professional advice and guidance as needed to optimise your financial plan.





# Get moneyfit with enable.me: Book Your Consultation Today

Discover how to reduce debt, grow your wealth, and attain financial freedom with enable.me. Schedule a financial consultation now and embark on your journey towards financial empowerment.

Our financial coaches provide an in-depth analysis of your financial situation. During your consultation with our experienced financial coaches, you'll gain valuable insights into achieving your financial goals, and how you can get moneyfit by partnering with enable.me for expert guidance.

## **Special Offer for eBook Readers:**

Book your enable.me financial consultation for just **\$249\***. Mention that you've read this eBook when booking your consultation and access a discount on your consultation fee as a token of our appreciation.

## **Contact enable.me to book your consultation:**

**P. 0800 897 898**  
**E. info@enable.me**

\*Consultations valued at \$400

**BOOK A CONSULTATION**

Take the first step towards financial empowerment by scheduling a consultation with an enable.me financial adviser and coach. Discover how tailored strategies and expert guidance can accelerate your path to financial success.

Get moneyfit today by contacting enable.me and scheduling a consultation with one of our experienced financial coaches. Take the first step towards achieving your financial dreams and creating the life you desire. With enable.me by your side, you can build a solid financial foundation, overcome obstacles, and unlock your full potential for financial success and security.

Congratulations on completing 'Get moneyfit with enable.me'.

Armed with the knowledge, strategies, and resources provided in this guide, you are well-equipped to take control of your finances, overcome challenges, and achieve your goals.

Remember to stay committed to your financial plan, adapt to changing circumstances, and seek support and guidance when needed.

With determination, diligence, and a clear vision for the future, you can turn your dreams into reality and create a brighter financial future for yourself and your loved ones.

## Best of luck on your financial journey and staying moneyfit!