

# Financial Wellness: What Lessons Did COVID- 19 Teach You About Your Finances



# Reflection

Please share something that you learned about your own personal finance during the pandemic





## Assessing the Damage

- ❑ Imagine yourself as having gone through a natural disaster such as a hurricane.
- ❑ You are now coming out to assess the damage.

# Areas To Examine

- ❑ Savings and Assets
- ❑ Debt
- ❑ Estate Planning Documents
- ❑ Insurance Coverages
- ❑ Retirement Preparedness
- ❑ Overall Financial Goals

# Rebuild and Restructure Your Finances

What are your areas of strength and weakness?

How do you fortify those areas?

# Tools and Resources

- ❑ Online Calculators
- ❑ Resources for Estate Planning
- ❑ Employer Benefits
- ❑ Forbearance and Deferment Offers
- ❑ State and Local Programs

THANK YOU  
**ANY QUESTIONS?**

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