



Did you know,

Financial stress feels like climbing a mountain with no summit in sight!

Imagine a rock climbing trip. You can certainly reach the top faster free climbing, without bothering with safety nets, but if you fall, the results will be much more painful. If instead you take the time to equip yourself with a harness and ropes, you'll have something to lean on when you reach an obstacle. Instead of falling and having to start from the bottom, you can continue forward from where you already are once the obstacle has been removed.

Our financial path is similar. One of the best ways to reach the summit of the financial well-being mountain is to build a safety net. We are often so focused on bills and paying off debt (aka reaching the top of the mountain) that we pass over the benefit of using ropes and planning our course. Setting up and contributing to a Rainy Day Fund on a regular basis is like using our harness and ropes-it will ultimately allow us to reach the top of the mountain much more quickly and with more security.

What is a Rainy Day Fund?

A Rainy Day Fund is a small fund generally between \$500 and \$1,000 that is held in cash. If you have money set aside and your car breaks down, it is now just an inconvenience instead of a crisis. In many ways, having a Rainy Day Fund is even more important than paying off current debt. *How so?*

- First, it keeps you from going into more debt when an unexpected situation occurs.
- Second, it can also provide a source of cash to cover any minimum payments you may not be prepared to cover due to an unexpected circumstance.

The temptation is often to throw as much money at your debt as possible. Though we agree that paying off your debt is very important, taking the time to build that safety net can actually increase the likelihood of succeeding.

How do I get started?

We have attached a printable *Savings Challenge*. For the next 30 days, can you find ways to save a little everyday? Maybe pack your lunch instead of eating out, cancel Netflix (just for this month), bike to work, rent a movie instead of going to the theater, put off buying that new shirt, etc. Remember, this is a short term goal, a sprint. You are not giving these things up forever, just for a little while to achieve a little peace of mind.

[This article](#) has some ideas on how to save on groceries.

In our next newsletter we will talk about how your employer wants to help you build your Rainy Day Fun through the Savings Incentive program.

But for now, [click here](#) to read Tonya's inspiring story about how \$10/week helped changed her path away from financial ruin.

Remember, you've got this!

Printable Savings Challenge

Over the next few months Community Impact Fund will be sending you emails to support you in your financial journey. We are here to be a resource for you at any time! Email us at loans@communityimpactfund.org



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