



## February feature – Taking Charge of Your Money

*“It is spending more authentically and more consciously that I’ve noticed really brings people the greatest peace of mind.” – Manisha Thakor, MoneyZen Maven*

In the New Year, many of us commit to physical health improvements, but according to a 2013 survey by BMO, more than one-third of us who make resolutions focus on personal financial issues – the second most popular topic.

Maybe you’re stressed because your hard-earned money never seems to be able to stretch far enough. Maybe you’d like to get a better handle on your spending habits, eliminate expenses, or learn to work better with your partner to manage household finances. Whether you want to build a budget, tackle debt, or increase your knowledge of investing and saving, **inConfidence** can help.

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