

# mPact Statement

FINANCIAL SUCCESS STORIES FROM OUR COMMUNITY

## Ramata Djaffoh

“I came to my first coaching session at mpowered because I had been struggling for a long time. I had issues on my credit and was trying to work on my savings habit, while also trying to prioritize spending money on what I need and didn't need. It was difficult because I was in school so I didn't have much income each month, which made me feel like I was constantly spending more money than I was making.

One of the ways my coach helped me was by going over my spending habits so that I could calculate how much I was actually spending every month compared to how much money I bring in. I kept track of this on a spreadsheet and started saving my receipts every time I went grocery shopping or ate out. Things really add up when you can see exactly how much you are spending. Because of this, I was able to cut down on how much I spend on groceries. What I do now is go to the store at the beginning of the month, set a budget, and buy the things I really need. I go shopping less often which helps me stay on budget.

At first I thought personal finance was only about having good credit, but meeting with my coach has opened my mind about finances overall. I've really enjoyed the coaching experience because I've learned more about my credit, how to budget each month, and to save money – which is important because I don't want to live paycheck-to-paycheck. I've also learned to be the change in my own life. When you set goals and don't follow through, they are just empty goals. You are the one in control and you can make the changes that are necessary to improve your life, you are responsible.



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My coach, Carli, and I really worked together. She didn't tell me “you need to do this”, she asked what would work for me and encouraged me that I am in control, that I can do this, and she cheers me on – which makes me want to do more. It feels really good to be improving my money habits, and sometimes I don't even realize I'm doing it until I meet with my coach. For instance, when I first met her I told her I wanted to save at least \$5,000 in emergency cash – and recently we got to celebrate that I did that! My next goal is to buy a three bedroom house for my two kids and I, and I'm looking for a better paying job to help make this happen.

Financial coaching is a big deal for me because it's opened my eyes to what is really a part of my personal finances and when you keep your finances under control, it will really help you.”

