

Parenting in Recovery Checklist of Options for Financial Coaching



Below are some suggestions for ways to utilize financial coaching. Please discuss this form with your coach during your first session.

Items highlighted are mandatory.

Contact Information

Name

Home address

Home/ Mobile Phone

Mobile or cellular phone

Home email address

Credit History/ Report

What do credit scores mean?

Obtain your own credit report

Ways to build good credit history

How to improve a credit score

How to handle identity theft or problems with credit report

Eliminating debt

How to find current debt obligations

How to reduce debt

Are debt consolidation programs beneficial?

Dealing with debts already in collections

Your rights as a consumer regarding debt collection and interest rates

Budgeting

Financial goals

Current budget – expenses and income

How to balance a budget each month

How to remove unnecessary expenses

How to get the best value for money spent

Staying within a budget – strategies for making it work

Banking

Checking accounts

Savings accounts

Interests rates – how to get the best one for you

Other types of accounts

How to read account statements and balance accounts

Record keeping

Account fees

How to handle account discrepancies

How to open a new account

How to transfer accounts

Taxes

How to submit federal income tax returns

How to pay back taxes

Ways to maximize a tax return / Use of income credits and deductions

How to fill out a W4 form

The W2 form – when to expect it and how to use for tax filing

Saving for future expenses

Types of saving accounts

Best options for saving money

Strategies for saving money

Emergency expenses and planning for them

What is the appropriate amount of savings to have for an emergency?

Obtaining emergency assistance when savings are not enough – unemployment and other public assistance

Retirement funds – how these work and reasons for saving now

Obtaining a loan

**How to recognize predatory lending /
Types of loans to avoid and why**

How to recognize good vs. bad interest rates

The different kinds of interest rates and what these mean for borrowers

Purchasing a car - how to get good value for the money spent

Buying vs. renting and how this affects assets and credit

When does it make more sense to buy vs. rent?