



Happy Tuesday,

As April comes to a close, I want to talk about something that affects all of us — whether we admit it or not:

money.

April is Financial Literacy Month, and as someone teaching a Personal Finance class right now, having conversations about financial coaching, and simply living in the same world you are, one thing is clear:

People are feeling it.

Gas.

Food.

Everyday expenses.

The cost of just living.

And when financial pressure rises, it doesn't stay neatly in one corner of life. It shows up in our stress, our decisions, our relationships, and even in how we lead.

That's why I believe financial wellness is not separate from leadership.

It's part of it.

Quick Reflection

Money stress has a way of making everything feel heavier.

It impacts:

- *how we think*
- *how we respond*
- *how we plan*
- *and how much margin we feel like we have*

When your finances feel unclear, unstable, or stretched, it can be hard to show up fully anywhere else.

That doesn't mean you're failing.

It means you're human.

But it does mean we have to be willing to pay attention.

Ignoring the numbers doesn't reduce the stress.

Facing them can.

Visual Reminder



“Clarity with money creates peace.” Photo by [Kelly Sikkema](#) on [Unsplash](#)

Leadership Insight: Financial Clarity Is Self-Leadership

We often think of leadership as something that happens at work.

But leadership starts with how we manage ourselves.

And financial wellness is one of the clearest examples of that.

Financial self-leadership looks like:

- *knowing what’s coming in and what’s going out*
- *making intentional choices instead of emotional ones*
- *planning ahead when possible*
- *asking for help when needed*
- *and being honest about where you are **without** shame*

This isn’t about perfection.

It’s about awareness, ownership, and action.

Action Step for the Week

Take 15 minutes this week and do one thing:

- *Review your spending*
- *Check your account balances*
- *Look at one bill you've been avoiding*
- *Or finally write down your top three financial priorities*

Don't judge yourself.

Not to spiral.

Just to get clear.

Because clarity reduces fear.

What I'm Up To - I Need Your Help!

I am finally finishing up the last few edits of my book! I will be announcing my publish date soon - first here in our newsletter - so stay tuned! But in the meantime, I would love it as part of my community to get your thoughts on the title! My book is going to be about living and leading authentically. My ask is, would you take 60 seconds and take this survey ([click here](#)), to let me know what title resonates immediately, that may get you to pick it up? Thank you in advance for helping me out!.

Community Spotlight

Over the past few weeks, several of you have shared your words of the year, your reflections, and the ways these newsletters are landing.

I've also had people reach out asking about financial coaching — which tells me this conversation is needed.

If this topic resonates, reply and let me know.

What financial challenge are you trying to navigate right now?

What would be most helpful to learn more about?

I read every message.

Final Thought

Financial literacy is not just about numbers.

It's about freedom.

It's about confidence.

It's about reducing unnecessary stress so you can show up better in every other part of your life.

And yes — that is leadership too.

With appreciation,

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"Everything Begins and Ends with Communication."

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