





Emergency-proof?

WHAT'S THAT MEAN?



Imagine feeling invincible when it comes to money. Not having to waste a minute of the day thinking, “What if something bad happens?” Or, having to count down to the next paycheck. Think about how awesome it would be knowing you’re ready for whatever.

Here’s the thing: it doesn’t have to be monumentally difficult. We just need a new way to think about all this money stuff. What if it wasn’t “holding back” or “putting away” money (which doesn’t sound like that much fun)? What if it was about using that money to get something for ourselves? What if it wasn’t about saving but, instead, about buying ourselves freedom?

That would feel awesome, right? That’s what becoming emergency-proof is all about.



Invincibility here
we come!



There are three situations we need to look at to become emergency-proof.



Speed bumps



Detours



Road blocks

Becoming the boss of each starts with thinking about all of it differently. It's going back to that thing we said about buying ourselves freedom. So let's see how that works.



WHAT YOU'LL NEED

Becoming emergency-proof starts with having the simple, convenient tools to get the job done right. The whole idea is to make all this easy and less of a hassle.

CHECKING ACCOUNT



We need a place for our money to come and go. Look for one that allows for direct deposit, lets you easily transfer to a savings account, and doesn't charge you fees when you use an ATM (hey, it's your money).

SAVINGS ACCOUNT



This is the place where our money goes to "buy" that feeling of invincibility for ourselves. The ideal account lets you easily move money over from checking, makes it easy for you to access, and has a competitive interest rate.



Find a checking account that fits how you do you — whether that means keeping it simple or allowing you to manage, move, and maximize your money.

Here are a few tips on how to use these tools.

AUTOMATIC TRANSFERS

Make sure you can schedule a transfer between your checking account and your savings account. It's a fact that if this happens without us having to think about it, it's more likely to keep happening. Plus, it saves the time and hassle of having to manually transfer money.

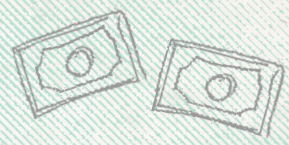
AUTOMATIC DEPOSIT

Check with your employer and see if your direct deposit system allows you to divide your paycheck into different accounts. So while the system deposits your paycheck into your checking account, it also splits out your emergency-proofing money and automatically deposits it into your savings account. You don't even have to think about it!

MOBILE

Look for a bank with an app that lets you transfer money between checking and savings, check balances, and more.

Now, let's start getting emergency-proof.



→ Emergency-proofing for speed bumps

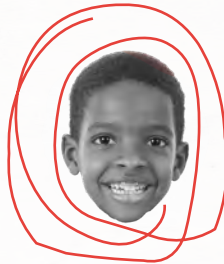


Imagine not feeling vulnerable to those irritating things that make you have to play catch up. It's the air conditioner that goes out on the hottest day. Or whatever follows, "Okay, before I tell you this, don't freak out." These are the situations where having a little extra cash would make you not dread something irritating happening.





MEET DERRICK AND JANET



They're the proud parents of three boys, who they frequently jet around to activities in the family's SUV. Well, the boys were playing baseball in the front yard and the oldest kid hit a home run. Right through a passenger-side window. The cost to replace that window comes to a little over \$300. But Derrick and Janet emergency-proofed their family for speed bumps like this. Instead of worrying and putting it on a credit card, they used part of their \$1,000 speed bump money. Now the window is fixed and the boys are still playing baseball in the yard – but with a few new rules.





HANDLING SPEED BUMPS

What's it take to become emergency-proof from life's speed bumps? We recommend \$1,000.

\$1000

Okay, we know that's a lot of money. But it's not like you have to come up with it overnight. And, we're here to help. Think about how awesome it's going to feel knowing you're ready for whatever curveball life throws at you.



So, let's look at how we do this thing.



PAY YOURSELF FIRST

Think of this emergency-proof money as what you owe yourself to buy that feeling of invincibility. So "pay yourself first" and consider it the most important bill each and every month.

(CELEBRATE SUCCESS)

Set milestones at \$100, \$250 or \$500 increments, then celebrate when you hit those goals. Don't make it about spending. Make it about giving yourself time. For example, give yourself permission to binge watch that series your coworkers rave about.



Now, here are a few hacks to get you started.

"Here's how those savings could add up over a year."



COFFEE

It's the thing that gets a lot of us going in the morning. Instead of running to a nearby coffee shop on the way to work, try making it at home once a week.

$$\text{\$5} \times 52 \text{ weeks} = \text{\$260}$$

PLAY PERSONAL CHEF

If you find yourself eating out quite a bit, keep a few more bucks in your pocket. Find a recipe online. It can be fun and rewarding to see what you can whip up.

$$\text{\$12} \times 52 \text{ weeks} = \text{\$624}$$

NO SPEND DAY

Designate one day a week as a "no spend day" – no coffee on the way to work, no takeout for lunch, and make dinner out of food around the house.

$$\text{\$25} \times 52 \text{ weeks} = \text{\$1,300}$$

MORE

Pack a picnic instead of eating out

Happy hour instead of a night out

FUN

Try a game night at home with friends

Find fun free concerts and events

HACKS

Ditch unused monthly subscriptions

Matinee at the movies (and bring your own snacks)





Emergency-proofing for detours



Sometimes bigger things happen. Like losing a job or getting hit with a major medical bill. When you're emergency-proofed for detours, you don't have to go cutting cable or selling grandma's nice jewelry for extra cash. You have the freedom to keep living life as you've always done until you get things back on track.

yolo





Meet Andy. He had a good job at the trampoline manufacturing facility in town. That is, until the bottom dropped out of the market, leading to massive layoffs at his facility. Andy found himself out of work. But he and his wife had stashed away six months of living expenses to emergency-proof themselves for something just like this. So rather than panic and jump at the first thing that came up, Andy took his time to search for the right position. One that would further his career in the bounce technology industry. In just a few months, Andy had an even better job. Which just goes to show that emergency-proofing can give you what it takes to really rebound.





FINDING YOUR WAY

It's important that we emergency-proof ourselves for those speed bumps first. That way we're not racking up credit card debt when those speed bumps come. Once we've done that, then we can emergency-proof ourselves for detours. What's that take? We recommend three to six months of living expenses.



Let's look at how we get that done.



KEEP THE GROOVE GOING



In building up that speed bump money, you created a habit. Keep it going!

MAKE IT A GAME



Did you get an unexpected cash gift? Add that in. Get a tax refund? Toss it in, too. Make it a game to see how quickly you can get to your milestones.

(CELEBRATE ALONG THE WAY



Set small milestones and then celebrate when you hit them by giving yourself some guilt-free goof off time.





HOW MUCH DO I NEED?



So how much will you need to buy the power that comes from being emergency-proof when it comes to detours? Here is the super simple way to calculate it.

My monthly paycheck **x 6**
(after taxes)



My spouse's monthly paycheck **x 6**
(after taxes)



Total detour emergency-proofing needed



You should decide where your money goes - not the other way around. Download our budget worksheet to get started.





Emergency-proofing for roadblocks



There is no denying it. Sometimes major things drop into our path. It can be an injury. Or even the unthinkable. This is when emergency-proofing really shines. Because it not only helps us live with that feeling that we can handle anything – it does the same for those we care about, too. Imagine giving that to those in your life. The feeling that they can overcome anything.



MEET SCOTT AND JANE



Meet Scott and Jane. Every year, Scott joins his nephews for the annual Thanksgiving Day Turkey Bowl football game in the backyard. Scott was on his way to the end zone for a sure-fire, game-winning touchdown. But snap! Something in his knee popped. The career-ending injury required surgery, rehab, and plenty of time off his feet. Not good for a guy who's on his feet all day for a living. Jane handled it like a pro. She had given them the emergency-proofing of a disability insurance policy – just in case something like this happened (well, probably not exactly like this). They didn't have to worry about losing the house or paying any of the other bills while Scott was on the mend. Now, he's back to work and even claiming that rumors are circulating about him coming out of retirement for next year's game. Needless to say, Jane will tell you that it absolutely, undeniably isn't happening.





READY FOR ANYTHING

Beyond the money you've got in the bank, there's another way to build that confidence. It's insurance. Let's not think about it as that thing you need in case bad stuff happens. Let's look at it as another way to get that incredible feeling that comes from not having to worry about money.



To make that happen, we're going to focus on two types of insurance here.

LIFE INSURANCE



A life insurance policy can make your loved ones emergency-proof if something were to happen to you. It could give them the money they need to replace your paycheck.

DISABILITY INSURANCE



If you suffer an injury, you might be stuck on the couch for a bit. A disability insurance policy can help you pay the bills while you're out of work.

But hey, because we don't sell insurance, talk to an agent to learn more about these types of coverage.





Confidence + Freedom = Epic

Emergency-proofing is all about buying yourself that incredible feeling of invincibility for whatever life throws at you.

It means that worries about money or the cost of the unexpected don't rule your head. Whether it's speed bumps, detours or roadblocks, you're giving yourself the power to live life on your terms. And the confidence to make decisions like a boss.



→ BETTER. TOGETHER.



We believe that when we help each other, we all prosper. That's why we create stuff like this ebook. And why we offer some great tools to help you get emergency-proofed. Check them out:

First Free Checking

First Free Checking delivers what you want from your money – simplicity and no fees. There are no hoops to jump through, either. It's free checking that helps keep things simple. Because simple stuff rules.

First Savings Plus

It's a great place for your emergency-proofing money because a First Savings Plus account rewards you with a higher interest rate just for having a First Federal Bank checking account.

Online & Mobile Banking

Manage your money whenever and wherever you want. Check balances, pay bills, set alerts, and more right from your computer or smartphone. Got a question? Need a little help? Call or stop by any of our locations.



First Federal
BANK of KANSAS CITY

Got a question? Need a little help? Call or stop by any of our locations. Or visit us online at ffbkc.com.



TO CONTINUE YOUR JOURNEY TO WELLBEINGVILLE, CHECK OUT OUR OTHER GREAT HELP BELOW.

