

PUT IT IN THE PIGGY!

If you don't know where to start when it comes to managing your money, you're not alone. Many of us feel anxious or afraid to face our finances, but not having the confidence to manage your money can have an impact at home and can even affect your wellbeing.

This Number Confidence Week, we're encouraging you to 'put it in the piggy'. This isn't about saving your pennies in a pig shaped pot! It's about understanding what's holding you back when it comes to getting a grip on your finances.

Put It In The Piggy is a great way to visualise and communicate how you feel about money and maths. This tool can help you understand what you can do to feel more confident and in control when it comes to numbers.

Filling up the piggy bank are some coins – these are things that cause you to feel worried, anxious or stressed about managing your money. Write on the coin the different things that make you feel this way – it might be things like not being clear on your income and outgoings, feeling confused about credit cards or loans, or not knowing where to start when it comes to savings.

At the bottom of the piggy is the stopper – this is where you can release those feelings. Using the coins underneath the piggy, write down the things that can help you to manage those feelings and feel in control – it might be talking to someone, using a budgeting journal or app, or committing to building a new habit.

For some ideas to get your started, check out '5 top tips to help your money for further'.



What next? Try the National Numeracy Challenge to give your number confidence and skills a boost. Challenge users get exclusive access to nudge, a financial education app that can provide tailored advice and resources to help you better understand and manage your finances.



