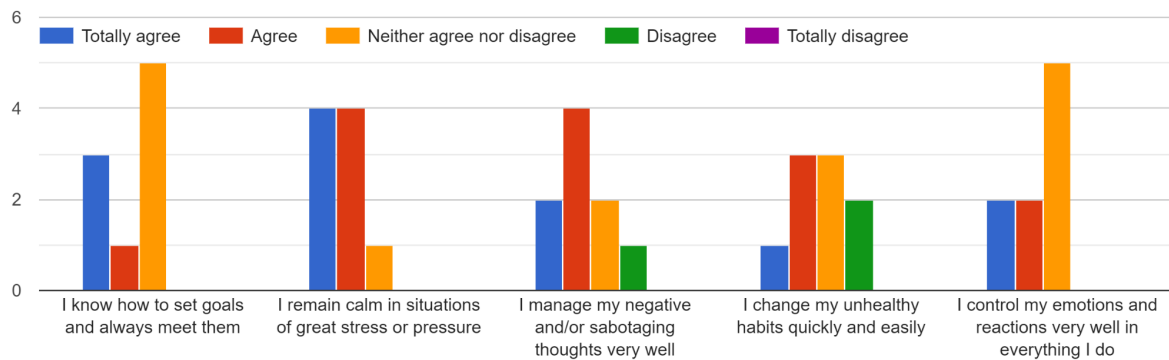




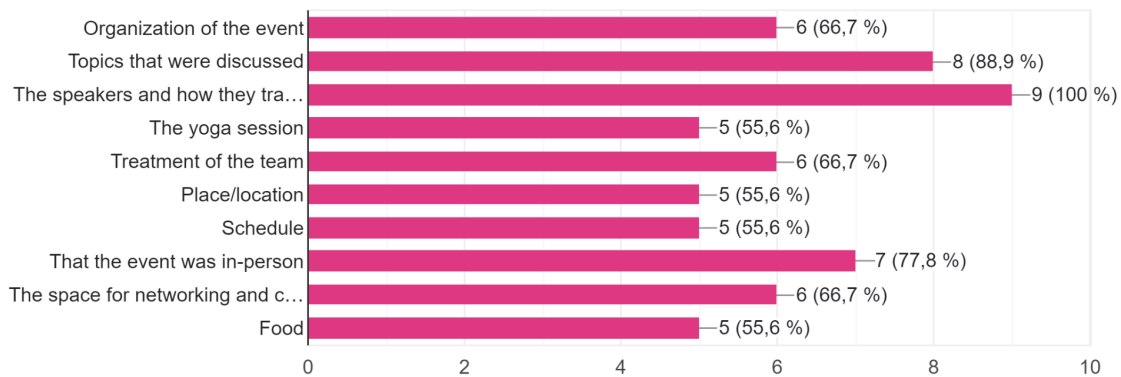
**Holistic Wellness
September 16, 2023
Survey Results**

Survey #1: Wellness workshop + Feedback

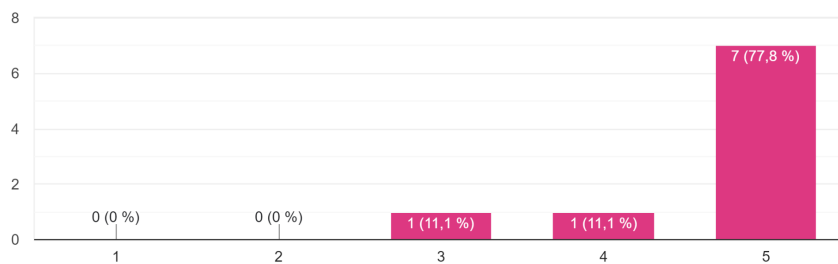
Mark with an X the option that best describes your situation



What were the things you liked most about participating in this event? Check all that you consider appropriate



How would you rate your experience with the event?



What aspects do you think we should improve or take into account when holding this type of event? Was there anything you did not like about your experience in the workshops or with our team?

-

None

It was good

Everything was good

Time management

It was incredible!

It was very good

Excellent

What are you going to improve from now on in terms of your financial management?

Savings

Saving

To be more organized

To save and create a good budget

Budget

Expenses planning

Compulsive shopping is unnecessary

To look for better saving methods

A budget

What are you going to improve from now on in terms of your personal well-being and healthy habits?

Walking

Drinking water

To try eating more healthy food

Sleep well and eat healthy

To do small habits that can be achieved

To take more care and be more responsible with myself

Change the work schedule

To set more realistic goals according to my time

Less social media and more time investing in my physical and mental health

What positive aspect did the yoga session leave you with?

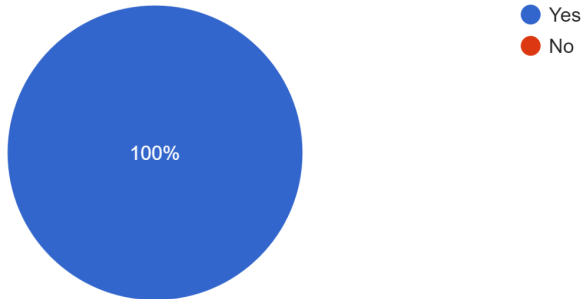
-

Everything was excellent

It was great

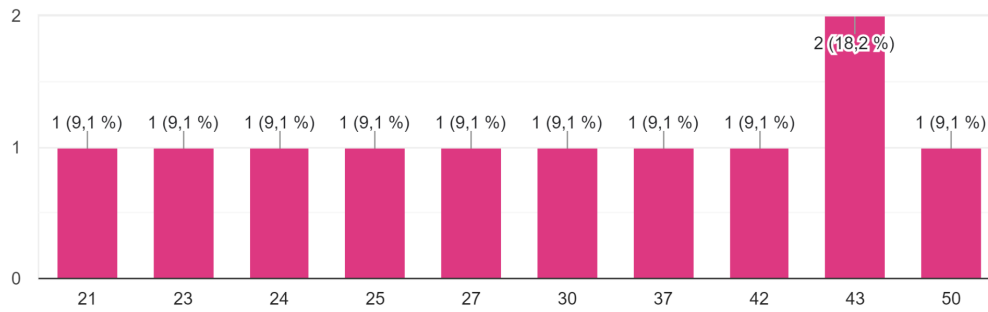
Relaxation

Would you recommend this event and workshops to other women?

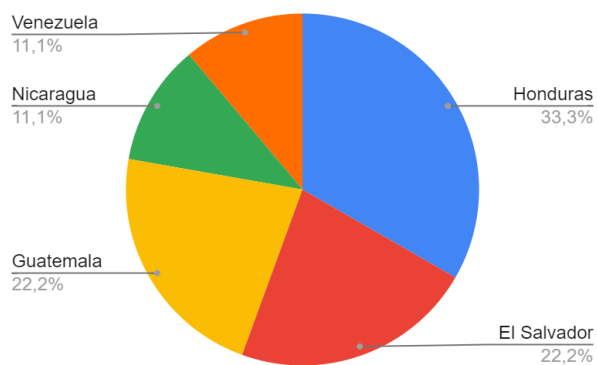


Survey #2: Personal information + Finances

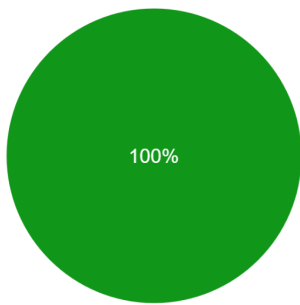
Age



Country of origin

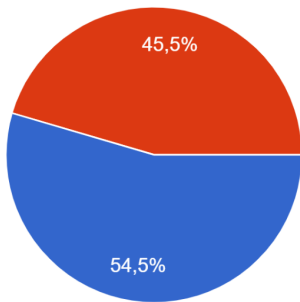


What race or ethnicity best describes you?



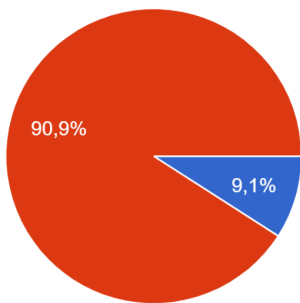
- American Indian or Alaska Native
- Asian/Pacific Islander
- Black or African American
- Hispanic/Latino
- White/Caucasian
- Multiple Ethnicities/Other (specify)

Do you have children?



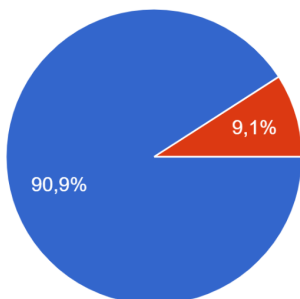
- Yes
- No

Do you speak English?



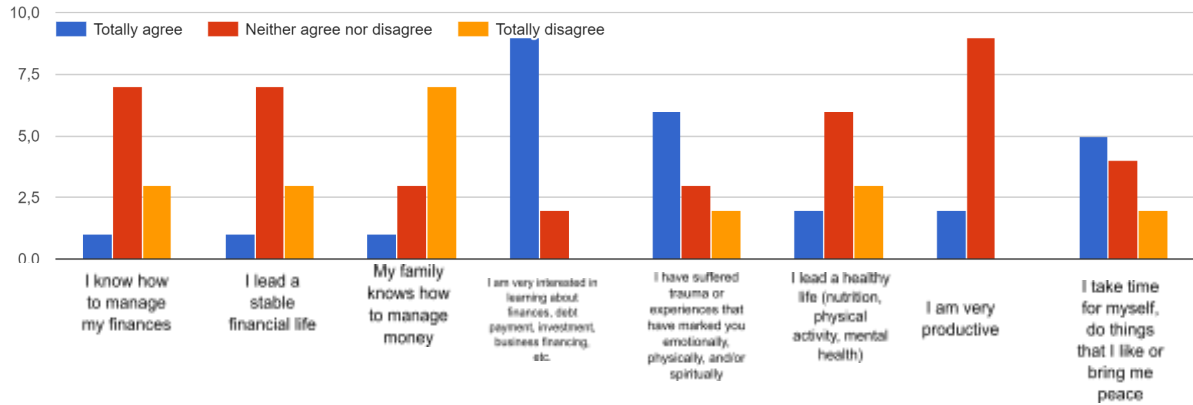
- Yes
- No

What is your total annual income? (USD)

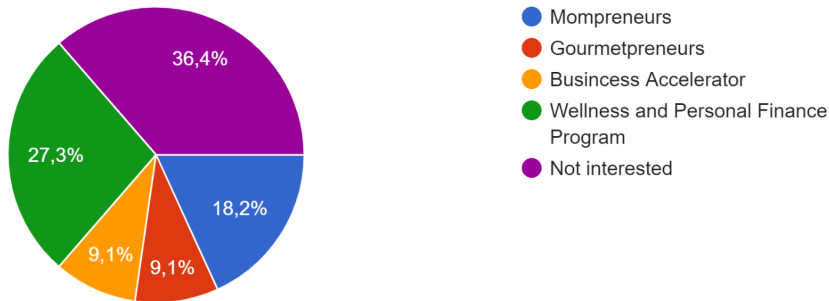


- \$0-\$30,000
- \$31,000-\$60,000
- \$61,000-\$90,000
- \$91,000-\$120,000
- \$120,000+

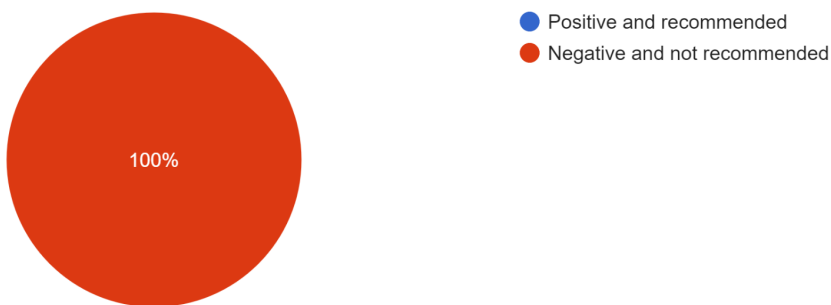
Please answer the following questions. Mark with an X one of the options in each sentence



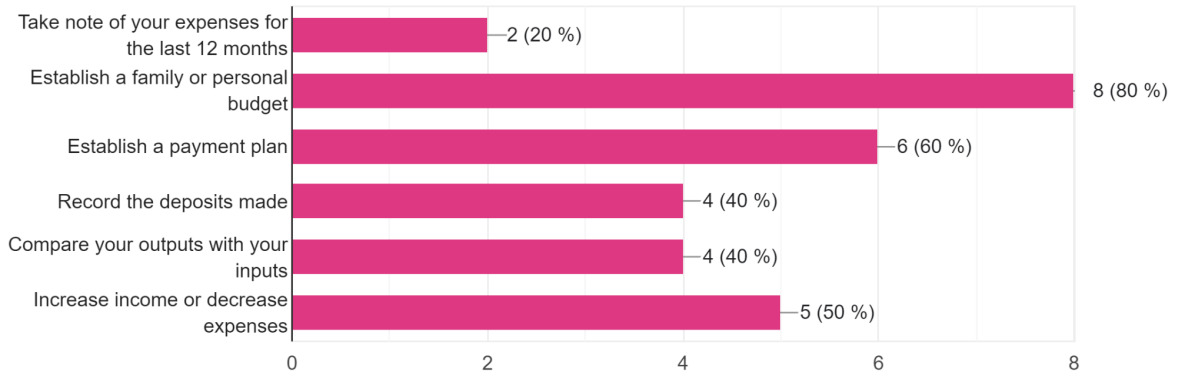
Our programs



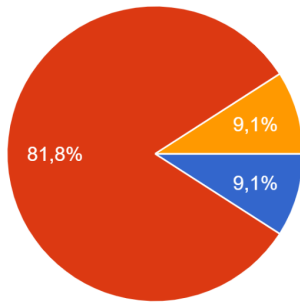
The action of "borrowing" according to the concepts of debt is:



Check the information that must be taken into account to prepare a personal financial statement correctly: (You can check more than one option)

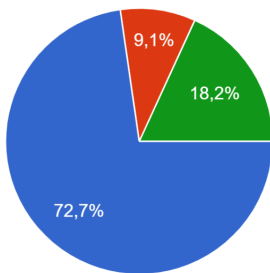


Which of the following statements defines a basic problem for Latinos when accepting a debt?



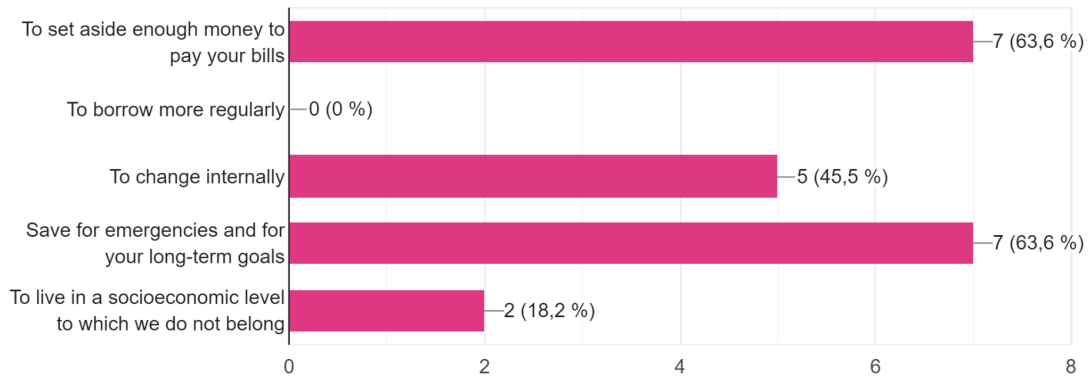
- Latinos are conscientious and never late in payments
- Latinos make commitments without having a certain way to pay them
- Latinos take the time to discuss their financial matters

Why do we fall into debt?

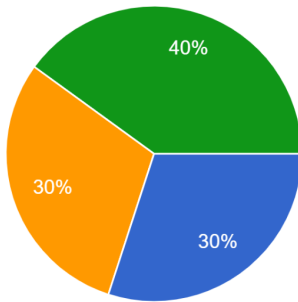


- We do not save regularly
- We establish a payment plan
- Because we maintain control of our money and expenses
- Because we are sure that we will be able to pay them in the future

How can an expense control plan help us? (You can check more than one option)

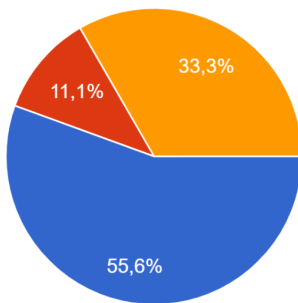


What is done in a checking account?



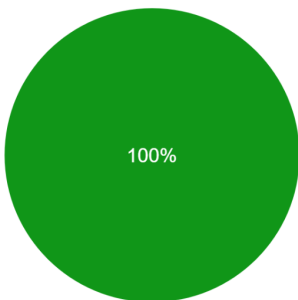
- Its outputs are compared to its inputs
- Debts are recorded exclusively from credit cards
- Transactions are noted and deposits are noted
- A plan is established to manage the little or a lot of money you have

What should we take into account when organizing our patrimony?



- Savings, investments, properties
- Debts, income, expenses
- Expense control plan, life insurance
- Money concept, check list

How can we achieve optimal financial freedom?



- Applying "the presumption of the future"
- Returning what we lend
- Saving our receipts for all our expenses for a month
- Living accordingly our expense control plan

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