



## Credit Confidence: Building & Protecting Your Credit Score

Your credit score plays a powerful role in your financial life. It can influence whether you're approved for a loan, the interest rate you pay on a mortgage or car loan, and even the terms on your credit cards. Employers, landlords, and insurance companies may also use it to evaluate your financial reliability. That's why building and protecting your credit score is one of the most important steps toward long-term financial wellness.

### Understanding Your Credit Score

A credit score is a three-digit number, usually ranging from 300 to 850, that represents your creditworthiness. The higher the score, the more likely lenders believe you are to pay back borrowed money on time. While there are different scoring models, the most widely used is the FICO score. This score is based on five main factors:

1. **Payment History (35%)** – Do you pay your bills on time? Late or missed payments can significantly lower your score.
2. **Credit Utilization (30%)** – How much of your available credit are you using? Experts recommend keeping usage below 30% of your credit limit.
3. **Length of Credit History (15%)** – The longer you've had credit accounts open, the better.
4. **Credit Mix (10%)** – Having a variety of credit types, such as credit cards, student loans, or a mortgage, can help.
5. **New Credit (10%)** – Applying for too many new accounts in a short time can temporarily lower your score.

## Building a Strong Credit Score

If you're just starting out or looking to improve your credit, here are some proven strategies:

- **Pay on Time, Every Time:** Set up reminders or automatic payments so you never miss a due date.
- **Use Credit Responsibly:** Keep balances low compared to your credit limits. Paying off your full balance each month is best.
- **Limit New Applications:** Only apply for credit when necessary, as multiple inquiries can reduce your score.
- **Keep Accounts Open:** Even if you don't use an old card often, keeping it open helps lengthen your credit history.
- **Diversify Wisely:** If you only have one type of credit, consider responsibly adding another, like a small installment loan, to broaden your credit mix.

## Protecting Your Credit Score

Maintaining your credit score requires vigilance and smart habits. Here's how to safeguard your progress:

- **Check Your Reports Regularly:** You're entitled to a free credit report annually from each of the three major bureaus—Equifax, Experian, and TransUnion—at [AnnualCreditReport.com](https://AnnualCreditReport.com). Reviewing your reports helps you spot errors or fraudulent activity.
- **Watch for Identity Theft:** If you see accounts you didn't open or unfamiliar charges, act quickly by contacting the lender and the credit bureaus.
- **Practice Smart Debt Management:** Try to pay more than the minimum on credit cards and avoid carrying high balances.
- **Communicate with Creditors:** If you run into financial hardship, contact your lenders. Many offer hardship programs that can help protect your credit.
- **Freeze or Lock Your Credit:** If you're not planning to apply for new credit, freezing your credit file prevents identity thieves from opening accounts in your name.

## Why Credit Confidence Matters

Having confidence in your credit score empowers you to make smarter financial decisions. A healthy score can save you thousands of dollars in interest over time and open doors to better opportunities, like renting an apartment, getting favorable insurance rates, or securing financing for major life goals. Most importantly, credit confidence gives you peace of mind, knowing you're in control of your financial future.

## **Taking the Next Step**

Building and protecting your credit score doesn't happen overnight, but every positive step you take adds up. Whether you're just starting your credit journey or working to rebuild after setbacks, consistency is key. Treat your credit as a valuable asset—because it is. With good habits and awareness, you can strengthen your financial foundation and move confidently toward your goals.