

ON FINANCIAL WELLNESS

FINDING SECURITY, CHOICE, & FREEDOM

WHAT IS FINANCIAL WELLNESS?



Financial Wellness is:

- Feeling in control of your money and your life
- Having the *Freedom of Choice*.
- A sense of stability and security in your financial future

Everyone has their own definition of financial wellness!



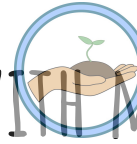
WHAT DOES FINANCIAL WELLNESS MEAN TO ME?

Everyone has their own definition of financial wellness!

To explore your definition, ask yourself the following:

- What does financial security mean to me?
- What does it look like to be financially secure?
- How does a financially well person spend their money?
- How does a financially well person save?
- What are my budgeting goals?
- What are my saving goals?
- What are my 5, 10, and 20 year financial goals?

ASK YOURSELF: ARE MY ACTIONS IN ALIGNMENT WITH MY GOALS?



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- Are my spending patterns helping or hurting me in reaching these goals?
- What about my saving patterns?

Identify your Support Network: Resources and/or people who can help you better understand your path to financial wellbeing

CONVERSATIONS ABOUT FINANCIAL WELLNESS



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Money is a touchy subject! So, how do you initiate these challenging conversations with: your partner, your family, work, & your peers?

This can help you get started:

- Revisit the Communication & Values modules
- Remember that everyone has their own definition of financial wellness (even your partner!)
- Approach the conversations with curiosity
- Ask yourself what biases you may have around money

REMEMBER ...



EVERYONE HAS THEIR OWN DEFINITION OF
FINANCIAL WELLNESS - AND YOU GET TO
HAVE YOURS!



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