

FINANCIAL WELLNESS MONTH

Financial Wellness is the ability to understand and handle your money in ways that provide for you now and for any financial changes.

Financial Wellness Objectives includes: become more aware of your finances and determine the impact that you want your finances to have on your life; create alignment with your financial health and your values and goals.

W	E	L	L	N	E	S	S
Awareness Track your spending on beverages purchased	Challenge Question: Track your monthly expenses, for resources click here	Know Thyself: Journal, List your life priorities for 2016. How will you achieve these priorities given your current financial circumstances?	Evaluate Review your charitable donations and giving plan for 2016	Awareness Review your retirement savings	Awareness Budget spending for the week and pay cash for everything! Journal your spending learnings at the end of the week	Save \$ Buy an item you need at a second hand store	Get Reimbursed Submit any outstanding flexible spending and/or health and dental receipts to benefit provider
Save \$ Reduce your beverage costs by bringing from home	Get Organized Organize your financial documents	Goal Make a financial goal for your spending in 2016	Challenge Question: Create an annual budget, for resources click here	Goal Make a financial goal for your savings in 2016	Save \$ Make bulk purchases of items you need	Be Prepared Create or review your will	Save \$ Make extra food at supper time to have for lunch the next day
Extra cash Take an inventory of extra items and sell them for extra cash!	Awareness Meet with a financial advisor	Save \$ while being Adventurous Cook a new meal with ingredients you already have	Save \$ Have a potluck with friends instead of eating out	Wild and Crazy Day: Choose your own healthy financial habit. Anything goes (keep it legal though)	Awareness Become aware of your high interest credit and make a plan to pay it down first	Save \$ Use a coupon for a purchase	Awareness Calculate how much you need for emergency funds
Know Thyself: Journal, What does financial security look like for you? Are you achieving it – why or why not?	Save \$ Barter an item or service	Awareness Take an assessment of your bills and what you are spending your \$\$ on	Save \$ on fuel Take the bus, ride your bike or carpool to work	Save \$ Borrow a book, movie, music from the library instead of purchasing	Awareness Before your next grocery trip, price check – do your research before you buy	Challenge Question: Understand how to protect yourself from identify theft here	Be Prepared Create or revise your emergency funds savings account

Challenge yourself to work on at least one square per day. When you complete the task, check of the square.

Work towards completing at least 17 squares over the course of the month. If you complete all the squares – shout BINGO, give yourself a pat on the back, and take a bow!

