

8. Financial Wellness

Definition: Sense of awareness of current and future financial situations. Includes having financial resources to meet practical needs, and a sense of control and knowledge about personal finances. Objective indicators may include income, debt, savings, and aspects of financial capability, such as knowledge of financial products and services, planning ahead and staying on budget. Subjective indicators may include an individual's perception of satisfaction with current and potential future financial situations.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

Financial Wellness Checklist

- Maintaining a budget and monitoring spending
- Saving money for current and future needs
- Paying bills on time
- Reviewing credit reports and bank statements regularly
- Building financial literacy (understanding products and services)
- Acting responsibly in daily financial decisions
- Seeking professional financial help when needed
- Planning ahead for future financial goals

Reflective questions

- Do I have a budget, and am I able to save money for current and future needs?
- Do I use my money wisely and responsibly in daily decisions?
- Do I have clear financial goals and plans that guide my choices?
- Do I understand basic financial concepts and feel confident making financial decisions?
- Do I feel comfortable asking for financial advice or support when I need it?