

# Dimensions of Wellness: Financial Wellness

*Financial wellness is an intricate balance of the mental, spiritual and physical aspects of money. This unique combination is an ideal to strive towards in our dealings with money. Financial wellness is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. Maintaining that balance consists of being comfortable with where your money comes from and where it is going. Take the quiz below to see how close you are to achieving financial health.*

## Financial Wellness Check-up

Circle your response to each question below.

# Financial Wellness Check-in Results

## How did you score?

SCORE	MEANING & CHECK-IN ACTION STEPS
10 to 15 Points	<p><b>Looking Good</b> - You have a handle on your financial picture. You are on the scales with a fairly steady balance. Sure you sometimes go off and lose your balance but it is not a long road back to normal. Stay the course. And congratulate yourself!</p> <p><u>Action Step</u>: Yes, you are in good shape. Still, there is always more to learn. It is time to get some objective advice. Investigate the financial professionals in your area. Look for an advisor who is a Certified Financial Planner. This means they are licensed and educated to review your whole financial picture and help you meet your goals. An annual check-in will help you reach peak performance and keep you operating that way.</p>
16 to 22 Points	<p><b>In need of education</b> - Okay, you have an overview of what is going on in your life. Your financial wellness picture is a bit hazy. But with some education and a bit of persistence you can change the picture and steady the balance. Certainly you still have some things to learn about money, so start learning the additional finer details and then apply them to your financial life!</p> <p><u>Action Step</u>: How to get a financial education without going back to school? Look to financial magazines to begin your education. Pick up a book or two to guide you in your understanding of financial matters. There are many out there on</p>