

Financial Wellness Checklist

Taking steps to improve your financial wellness can reduce stress, increase your sense of security, and give you more freedom to pursue your dreams. Here's a checklist of key areas to focus on:

- Create a budget:** A budget is a foundational tool for managing your finances. By creating a budget, you can get a clear picture of your income and expenses, identify areas where you can cut back on spending, and ensure that you're saving enough for your future financial goals.
- Monitor your credit score:** Your credit score is a crucial factor in your ability to borrow money and access credit. You'll want to monitor your credit score regularly and address any errors or negative marks that may be dragging it down.
- Review your insurance coverage:** Having adequate insurance coverage is essential for protecting your health, your property, and your loved ones. Review your insurance policies regularly to ensure that you have the coverage you need.
- Manage your debt:** Debt can be a significant source of stress and can limit your ability to achieve your financial goals. Develop a plan for paying off your debts, starting with high-interest debt, and avoid taking on new debt unless it's necessary.
- Build an emergency fund:** An emergency fund is essential for protecting yourself against unexpected financial emergencies such as job loss, medical expenses, or car repairs. Aim to save at least three to six months of living expenses in your emergency fund.
- Save for retirement:** Saving for retirement is critical for ensuring that you'll have enough money to support yourself when you stop working. Contribute to your retirement accounts regularly and consider increasing your contributions as your income grows.
- Review your investments:** Regularly reviewing your investment portfolio can help ensure that your investments align with your financial goals and risk tolerance. Consider consulting with a financial advisor to help you make informed investment decisions.
- Plan for major expenses:** Whether you're planning to buy a house, a car, or take a once-in-a-lifetime vacation, it's important to plan ahead and save for these major expenses.
- Check your tax withholdings:** Make sure you're withholding the appropriate amount of taxes from your paycheck to avoid any surprises come tax season.
- Review your estate plan:** Update your estate plan regularly, including your will, trusts, power of attorney, and healthcare directives. Ensure that your beneficiaries are up to date and aligned with your current wishes, and that your assets are distributed according to your wishes.
- Seek professional advice:** Consult with a financial advisor or other financial professional to help you develop a personalized financial plan that considers your unique goals and circumstances.