

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	Looking Good - _____
16 to 22 Points	In need of education - _____