



8 Dimensions of Wellness

FINANCIAL



WEEK 6 - DAY 3

WORKSITE WELLNESS

QUESTIONS TO ASK YOURSELF:

Do you balance your checkbook often enough, ensuring that you don't over extend?

Are your savings in line with your life goals?
(I.E. homeownership, retirement, vacations)

Do you have a weekly or monthly budget set up for expenses and a little to enjoy?



CHECKING & SAVINGS ACCOUNTS:



CLICK [HERE](#) FOR CHECKING & SAVINGS 101

Tip

SET A SMART FINANCIAL GOAL.

SPECIFIC
MEASURABLE
ACHIEVABLE
RELEVANT
TIME-BASED

SMART GOALS:



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL