



10 Tips for

FINANCIAL SELF CARE

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Create a Budget: Develop a monthly budget that outlines your income and expenses.

Track Your Spending: Monitor your expenses regularly and keep a record of your transactions.

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Save and Invest: Set aside a portion of your income for savings and investments.

Set Financial Goals: Establish short-term and long-term financial goals.

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Pay off Debt: Create a strategy to pay off high-interest debt, such as credit card debt or personal loans.

Review Your Insurance Coverage: Regularly review your policies to ensure they meet your needs.

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Mindful Spending: Before making purchases, evaluate whether it aligns w/ your values & financial goals.

Educate Yourself: Continuously educate yourself about personal finance.

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Seek Professional Help: If you're struggling with managing your finances, consider a financial advisor or planner.

Take Care of Yourself: Remember that financial self-care is not just about money management but also about your overall well-being.

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