

Financial Well-Being & Mental Wellness: Self-Assessment & Personal Plan

Financial Well-Being	How am I doing? 0 = Needs Work 1 = OK 3 = Awesome	What is my best possibility for positive change in this part of my life?	What is one thing I can do in the next 30 days to get closer to my best possibility?
Childhood Experiences			
Education			
Employment			
Income/Assets			
Marriage			
Faith			
Financial Skills			
Physical & Mental Health			
Aging			
Retirement			
Mental Wellness	How am I doing? 0 = Needs Work 1 = OK 3 = Awesome	What is my best possibility for positive change in this part of my life?	What is one thing I can do in the next 30 days to get closer to my best possibility?
Family			
Friends & Community			
Sleep			
Physical Activity			
Time in Nature			
Nutrition			