



Financial Wellbeing isn't about getting rich quick, or growing your wealth at the expense of all of life's pleasures. It's about having a positive, steady relationship with your finances, and using money as a tool to build the life that you want.



The Four Pillars of Financial Wellbeing

MAKING PEACE WITH YOUR MISTAKES

A critical step in regaining control of your finances and cultivating a more peaceful, positive relationship with money is letting go of any financial shame you might feel.



LIVING WITH A BUDGET

A budget should be something that you live 'with', not 'on' – a crucial part of looking after yourself, your mental health and your future.





CURBING EMOTIONAL SPENDING

The only way to achieve financial wellbeing is to ensure that most of our purchases are made mindfully – that we're making a conscious decision to spend, and that we're not going to regret those purchases afterwards.



PLANNING FOR YOUR FUTURE

If we want to feel truly financially secure, making ourselves comfortable in the present isn't enough.





Further reading

Real Life Money (Out now)

The Real Life Money Journal (Pre-order Now)

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an honest
guide to taking
control of
your finances

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