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

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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

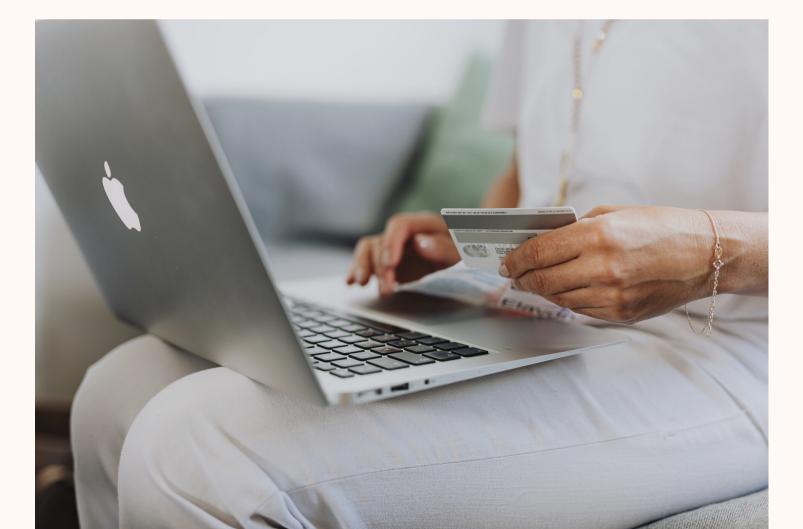
#### LIVING WITH A BUDGET

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)

### real life m\_ney

an honest guide to taking control of your finances

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