

MARCH

*Embracing
Financial
Wellness*

LYF *Empowered*
WOMEN'S CLUB



f LOVE YOURSELF FINANCIALLY
f   @LYDIALYDZZZ



CHIVA

GBEMI

EUNIKA

KERRA

KORBALAGAE

MARGARET

MICHELLE

VERONICA

MONTHLY REFLECTION QUESTIONS

What was your bravest failure this month?

What's the lesson in it?

What do you need support with?

FINANCIAL WELLNESS...

WHAT IS IT?

FINANCIAL WELLNESS

typically focuses on wellness in financial terms only

FINANCIAL WELLNESS

typically focuses on wellness in financial terms only:

budgeting

cash flow

emergency fund

retirement planning

eliminating liabilities

FINANCIAL WELLNESS

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- ~~budgeting~~
- ~~cash flow~~
- ~~emergency fund~~
- ~~retirement planning~~
- ~~eliminating liabilities~~

i want us to think about financial wellness beyond just money



Visualisation Exercise



@nanakonamah



@konamahboateng



@officialnanakonamah

FINANCIAL WELLNESS

which areas of your life need attention?

- your why
- physical health
- mental health
- personal development
- friends and family
- significant other
- leisure
- community
- other

FINANCIAL WELLNESS

which areas of your life need attention?

select 3 that are your top priority

how can you address specific items in each area that will improve your wellness?

FINANCIAL WELLNESS

which areas of your life need attention?

how can you address specific items in each area that will improve your wellness?

eg. mental health:

no work after 7pm

go for a morning or evening walk

talk to a therapist

FINANCIAL WELLNESS

which areas of your life need attention?

how can you address specific items in each area that will improve your wellness?

eg. leisure:

treat myself to dinner at a nice restaurant once per month
staycation once per quarter

REFLECTION:

which areas of your life need attention?

FINANCIAL WELLNESS

which of these specifics require money?

FINANCIAL WELLNESS

what support do you need in these areas?

how can we support you?

FINANCIAL WELLNESS:

FINANCIAL WELLNESS:

YOU CAN IMPROVE YOUR WELLNESS HOLISTICALLY

FINANCIAL WELLNESS ALLOWS FOR THIS

FINANCIAL HEALTH CHECK

FINANCIAL HEALTH CHECK

tracking income and expenditure

eliminating debt

emergency savings

savings/sinking funds

retirement planning

increasing your net worth: assets - liabilities

FINANCIAL HEALTH CHECK

when our finances are healthy, we are happy

FINANCIAL HEALTH CHECK

when our finances are healthy, we are happy

you are in control of your finances, present and future

FINANCIAL HEALTH CHECK

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list your financial goals and work backwards to accomplish them

ARE YOU WILLING TO DO THE WORK?



Financial wellness is about
improving your overall
holistic well-being.



EVERY GREAT
WOMAN IS A
COMBINATION
OF OTHER
GREAT
WOMEN

Seanisa Allen