

Xavier Wellbeing Toolkit

Financial Wellbeing Reflection

When we think about wellbeing, our finances may not leap to top of mind. But when we struggle with finances, it can have a significant impact on the other facets of our wellbeing. Below are a few prompts for reflecting on your own financial wellbeing: When you think about money or finances, how do you feel? Are there any conversations you can have with others that would help you manage your finances? What's one spending habit you would like to change in the next few months?

