

YOUR FINANCIAL WELL-BEING CHECKLIST

BUDGETING, SAVING & CREDIT HABITS FOR EVERY STAGE OF LIFE



BUDGETING HABITS

- Track income and expenses monthly (use apps, spreadsheets, or bank tools).
- Set spending limits in key categories (housing, dining, entertainment).
- Apply the 50/30/20 rule as a baseline, adjusting for your goals.
- Review your budget quarterly to account for inflation and lifestyle changes.
- Cancel or renegotiate unused or overpriced subscriptions and services.



SAVING HABITS

- Build an emergency fund with 3–6 months of essential expenses.
- Automate savings to retirement accounts, IRAs, or other vehicles.
- Increase contributions when you get raises or bonuses.
- Set short-term savings goals (vacations, home projects, big purchases).
- Diversify savings: keep some liquid and some invested for growth.



CREDIT HABITS

- Pay your credit card balance in full each month to avoid interest.
- Keep credit utilization below 30% of your total available limit.
- Check your credit report annually for errors or fraud.
- Avoid opening too many new accounts at once as this can lower your score.
- Use credit strategically: for rewards, protection, and building history.



AGE-BASED FINANCIAL PRIORITIES

- 20s–30s:** Build credit responsibly, tackle student loans, and start saving early.
- 40s–50s:** Maximize retirement contributions, strengthen emergency funds, and reduce high-interest debt.
- 60s+:** Protect assets, manage healthcare costs, and review estate plans.



LONG-TERM GUIDANCE

- Meet with a financial professional to review and adjust your plan.
- Align your budget and savings habits with long-term goals like retirement, homeownership, or legacy planning.
- Celebrate milestones and acknowledge progress to stay motivated!



REMEMBER: Good financial habits compound over time. Consistency today builds financial confidence tomorrow.

Important Disclosures:

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.