

# Financial Wellbeing Toolkit

This Financial Wellbeing Toolkit is designed to provide individuals with a well-rounded collection of resources and support to help them navigate financial challenges while prioritizing their overall wellbeing.



Created by the NFP Vitality and Wellbeing team.

# Financial Literacy



## Financial Literacy: Build Confidence with Every Dollar

### What is it?

[Financial Literacy](#) is the ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing.

### Why it Matters

Financial literacy is more than just knowing how to budget—it's about building the confidence to make informed decisions, reduce stress, and plan for the future. It lays the foundation for a healthy relationship with money and empowers individuals to take control of their financial journey.

## Financial Literacy Focus Areas

### Earning

- Understanding your paycheck (gross vs. net income)
- Reading pay stubs and deductions
- Maximizing employer benefits (e.g., HSA, 401(k) match)
- Exploring side income opportunities

### Spending

- Creating & managing a budget
- Tracking expenses & identifying spending habits
- Needs vs. wants decision-making
- Using digital tools & apps for spending awareness
- Avoiding impulse purchases & lifestyle creep

### Saving

- Building an emergency fund
- Setting short- & long-term savings goals
- Automating savings contributions
- Understanding interest & compound growth
- Saving for specific milestones (e.g., home, education, vacation)

### Borrowing

- Understanding credit scores & reports
- Responsible use of credit cards
- Managing student loans, auto loans & mortgages
- Debt repayment strategies (e.g., snowball vs. avalanche)
- Avoiding predatory lending & high-interest traps

### Protecting

- Insurance basics (health, life, disability, property)
- Identity theft prevention & fraud awareness
- Estate planning (wills, beneficiaries, power of attorney)
- Emergency preparedness (financial and otherwise)
- Knowing your rights as a consumer



# Financial Wellbeing

## Boost your financial wellbeing—and your peace of mind.

Financial stress is one of the leading contributors to anxiety, burnout, and poor mental health. Whether it's building a budget, planning for the future, or simply feeling more in control of your money, taking small steps toward financial clarity can ease stress, improve focus, and enhance your overall quality of life.

### Financial Peace of Mind Checklist

#### 1. Know Your Numbers

Track/review your income, expenses, and credit score regularly. Awareness is the first step to control.

#### 2. Build a Safety Net

Aim to save 3–6 months of living expenses in an emergency fund. Start small and automate contributions – even small amounts add up over time.

#### 3. Manage Debt Wisely

List all debts, prioritize high-interest ones, and explore consolidation if it lowers your payments and/or stress.

#### 4. Protect What Matters

Review your insurance coverage annually—health, life, disability, and property—and update beneficiaries as needed.

#### 5. Plan for the Future

Contribute to retirement accounts, take advantage of employer matches, set short- and long-term financial goals, and create or update your will/legal documents.

#### 6. Use Your Resources

Take advantage of financial counseling, EAP services, and tools available through your employer, this toolkit and /or community programs. Share resources with family members to foster household financial literacy.

#### 7. Support Your Mental Health

Financial stress affects emotional wellbeing. Practice self-care, talk about money openly, and seek support when needed.



# Websites, Podcasts & Apps

## NFP Wise & Well Resources

[Wise & Well Training Center](#) - Go-to hub for holistic wellbeing resources, including NFP's Wise & Well webinars and newsletters.

## Websites and Articles

[Nerd Wallet](#)

[Bloomberg Wealth](#)

[Why Financial Literacy is Important and How You Can Improve Yours](#)  
[Financial Literacy, Helping you Prepare for Life](#)

[Khan Academy](#)

[Free Will](#)

## Podcasts

[So Money](#)

[Rich Habits Podcast](#)

[The Stacking Benjamin Show](#)

[Motley Fool Money](#)

[Planet Money](#)

[Smart Money](#)

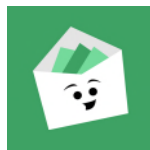
[Marriage, Kids and Money](#)

[Invest Like the Best](#)

## Direct to Consumer Apps



[Rocketmoney](#)



[Goodbudget](#)



[Credit Karma](#)



[Nerd Wallet](#)



[Kids: Greenlight](#)



[Monefy](#)



*\*Note: Some apps may require a fee when downloading or using. Your organization is not responsible for these fees.*