

Money in Your Life Note Taking Guide

	Total Points Earned
	Total Points Possible
	Percentage

Name _____

Date _____

Class _____

Directions: Use the prompts provided to help you take notes during the lesson.

What is **well-being**?

What are five characteristics of people that have high well-being?

--	--	--	--	--	--

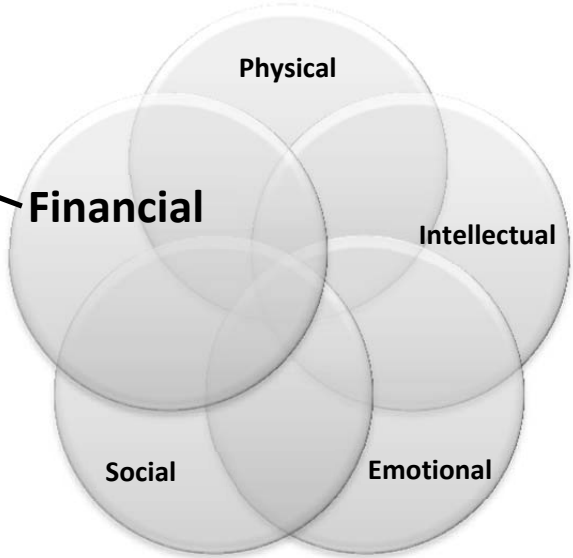
What are the five well-being domains?

--	--	--	--	--	--

What is one thing that contributes to well-being in each domain?

--	--	--	--	--	--

Financial Well-Being –
Managing money in ways that build a sense of competence, understanding, and control.



Financial well-being affects overall well-being.

How can you create positive financial well-being?

How you _____
increases well-being.

Understand your feelings about money.
What is one question to ask yourself regarding your feelings about money?

Participate in financial planning for your present and future.
What is **financial planning**?
What are **financial goals**?
What does successful financial planning look like?