



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?



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What are the five well-being domains?



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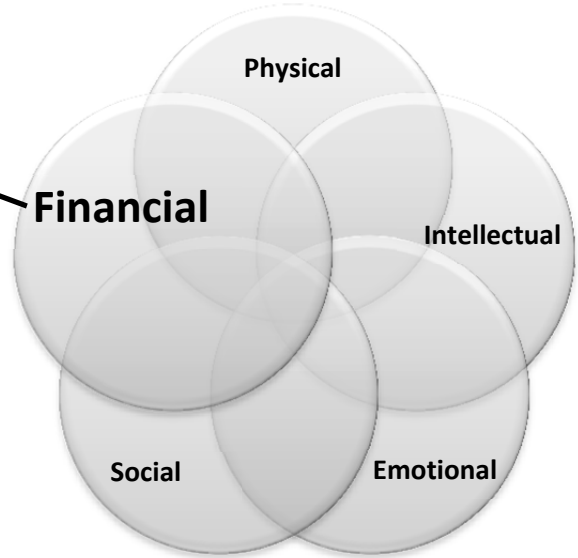
What is one thing that contributes to well-being in each domain?



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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?