

# 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?

<p>What are five characteristics of people that have high well-being?</p>				
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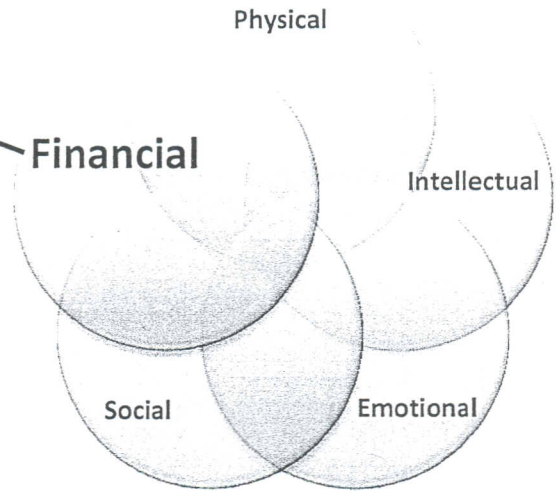
<p>What are the five well-being domains?</p>				
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<p>What is one thing that contributes to well-being in each domain?</p>				
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## Financial Well-Being –

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?