



## The Five Steps to Financial Wellness

*By Myrna Lainé-Hyppolite, Financial Wellness Coach, Empower Financial Wellness*

Financial wellness isn't just about having money. It's about having peace of mind with money knowing you can handle life, fund what matters, and make decisions from confidence instead of stress. When practiced consistently, these five steps create the foundation for true financial freedom and a life lived fully on your terms.

### **Step 1: Build a Positive Money Mindset**

Now, as a finance person, I don't have a "woo" bone in my body. However, everything starts with how you think. A positive money mindset doesn't mean you ignore reality. It means you choose empowerment over avoidance. You stop telling yourself, "I'm not good with money" and start asking, "What's my next best move?" Wealth-building is not reserved for experts. It's built by women who decide to practice new habits on purpose.

### **Step 2: Create a Savings Plan That Makes You Feel Safe**

Savings are your stability. It's your "I can handle this" fund. A strong savings plan helps you avoid panic, protect your progress, and reduce reliance on credit cards when life happens. Start with a clear purpose: emergency fund, upcoming expenses, and short-term goals. Save 5-10% of your income by automating the process. Even small amounts, saved consistently, create momentum. A high-yield savings account is a good place to start. You can't save your way to wealth, but it is the foundation that makes everything else feel possible.

### **Step 3: Invest to Grow Beyond Your Paycheck**

You can save for safety, but you invest for growth. Investing is one of the most effective ways to build wealth over time because it allows you to put your money growth on the fast track. Investing in the stock market doesn't require a finance degree or a lot of money to start. The key is having a plan that matches your goals, your timeline, and your comfort level with risk. When you invest consistently and stay focused on the long-term, you're not just building money, you're building options.

### **Step 4: Protect Your Assets**

Financial wellness isn't only about what you build. It's also about what you protect. Insurance is your financial safety net, designed to keep a crisis from becoming a setback that wipes out years of progress. The right coverage can include health, auto, home/renters, life, disability, and liability protection, depending on your situation. This isn't about fear; it's about responsibility. Wealth-building is powerful, but wealth protection is essential.

### **Step 5: Live with Purpose and Spend in Alignment with Joy**

This is the step most people forget: money is a tool and the point of building it is to live well. Who wants to work and spend their life just to pay bills? Not!! Purpose means you're intentional about what you're creating and why. It's pursuing the experiences, goals, and milestones that matter to you without financial stress running the show. Joy means your spending reflects your values, not your impulses. When your money supports your life, not just your bills, you feel a different kind of freedom.

Financial wellness isn't one big decision, it's these five clear steps, practiced consistently. When you build in this order, you create stability, money growth and gain the freedom to design life your way. That's financial wellness and that's the kind of wealth that lasts.

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