



FEELGOODX FINANCIAL HEALTH



Components of financial health



SAVE

- ▶ have sufficient living expenses in liquid savings for many months
- ▶ have sufficient long-term savings or assets

BORROW



- ▶ have a sustainable debt-to-income ratio
- ▶ have a good credit score or credit tier

FINANCIAL HEALTH



SPEND

- ▶ spend less than income
- ▶ pay bills on time and in full

PLAN



- ▶ have appropriate insurance
- ▶ plan ahead for expenses