

# 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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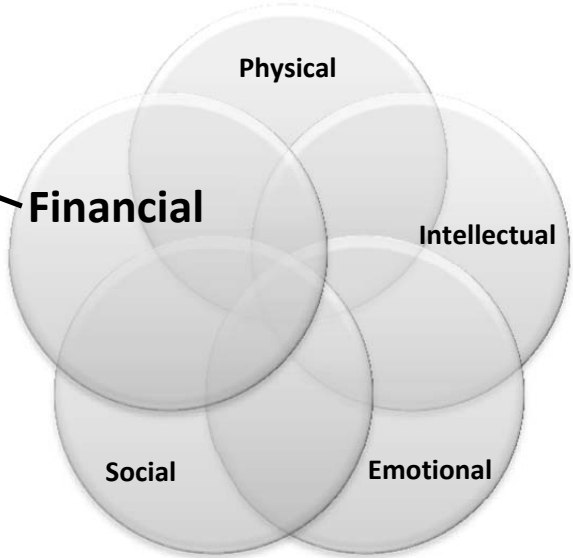
What are the five well-being domains?

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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?