

BY ROBIN YOUNG

Financial Well Being can be described as a profound state of being found at the intersection of your life and your money. Financial well being is both subjective and objective; there are aspects you can feel and those you can count, and both are equally important. Your financial well being is a dynamic state, ebbing and flowing as your life moves on. It's a very personal experience, one which you create and protect through the choices you make.

Think of a time when you felt a great sense of Financial Well Being. What was going on, how old were you, where did you live, and what was the primary reason you felt this way?

Some interesting facts about Financial Well Being are:

- You can have it before you have accumulated large amounts of money
- You might not have it even if you already have great wealth
- You won't lose it when life changes
- Knowing how to create and

protect your Financial Well Being is an essential life skill

So how can you achieve Financial Well Being? Choice by choice we have built the life we are now living, and choice by choice we get to build our future.

Not all things that can be counted count
Not all things that count can be counted

The good news is we get to choose what counts. You can choose to elevate your concept of personal finances, go beyond just having enough, and getting rich. You begin by comparing where you are now to where you want to be in the future in these Six Aspects of Financial Well Being.


Consider what is going well, where do you feel strong and confident? What aspects need your attention? How would you rate your overall sense of well being? How would you feel 10 years from now if nothing changed? What is your highest vision of Financial Well Being and what



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would your life be like?

If you discover some missing links, gaps or trouble spots you were not consciously aware of, or consciously avoiding, you can use this exercise as a launching pad towards your ideal state of Financial Well Being.

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Networking Organizations

American Business Women's Association, 1-800-228-0007, www.abwanh.com, (NH)

Business & Professional Women/NH, www.bpwusa.org, (NH, USA)

Seacoast Women's Network, www.jredweb.com/swn(NH, MA, ME)

Women Supporting Women Center, (603) 772-0799, www.wswcenter.com, (NH, MA, ME)

Southern NH Women's Business Network, mcstrasburger@snhwnb.org, www.snhwnb.org,

The New England Seacoast Holistic Health Association - Contact Pauline M. Derby, 603-964-7471; www.NESHHA.org.

Women Inspiring Women - Leslie Sturgeon, President, 603-744-0400; www.wiwnh.com.

The Commonwealth Institute, Lisa Christine Summerville, 617.803.0447, www.commonwealthinstitute.org.

One More Referral, Melissa Lesniak, www.OneMoreReferral.com

Northshore Women in Business, Peabody, MA, www.nswib.org

Dare to be Phenomenal, Maureen Campaiola, 978-794-4991 or maureen@daretobephenomenal.com