



# JANUARY

## Financial Wellness Month

Financial wellness means having control over your day-to-day finances, being prepared for unexpected expenses, and planning for a secure future. It is about feeling confident and stress-free when it comes to money.

Investing in personal financial wellness is essential for a secure financial future. Becoming educated on financial wellness is the first step toward achieving long-term success. However, with competing priorities—daily expenses, debt, education, homeownership, and more—it can be difficult to know how to prioritize saving and managing it all.

- Start by identifying your financial goals. Outline your objectives, both short-term (within 5 years) and long-term (5+ years). Organize these goals by priority and determine the steps needed to achieve them.
- Next, review your current financial situation by calculating your net worth. Subtract your liabilities (debts) from your assets (what you own) to see where you stand. This snapshot of your financial health will help guide your savings strategy. Regularly assess your net worth to track progress and adjust goals as needed.
- Also, consider additional financial resources that may not be reflected in your net worth, such as life insurance, Social Security, or health coverage. These can provide support during financial setbacks or emergencies.
- Finally, think about your plans for retirement. Whether you want to travel, volunteer, or pursue a hobby, your retirement goals will shape the amount you need to save. For instance, if you plan to retire early, you'll need to save more to ensure your funds last throughout a longer retirement.

By taking control of your financial wellness now, you can turn your dreams into reality and build a secure financial future.

### Resources at your fingertips!

At Southern Land Company, eligible employees and their dependents have access to the Employee Assistance Program (EAP) through GuidanceResources. Financial issues can arise at any time, from dealing with debt to saving for college. GuidanceResources financial professionals can discuss your concerns and provide you with the tools and information you need to address your finances, including:

- Saving for college
- Tax questions
- Getting out of debt
- Estate planning
- Retirement planning

For personal and confidential assistance, call **800.311.4327** or visit <http://www.guidanceresources.com> and enter the Web ID: **GEN311**. Help is available 24/7.

### Just starting out? No problem!

The Federal Trade Commission (FTC) has a free budget worksheet to get you started on your journey. Click [HERE](#) to track your monthly spending!

