

# Financial Wellness: How to Define It, Assess It, and Achieve It

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## Webinar Resource List

### Wellness vs. Well-Being

- <http://www.lifedojo.com/blog/employee-wellness-vs.-wellbeing-whats-the-difference>
- [https://www.huffingtonpost.com/alan-kohll/is-there-a-difference-bet\\_2\\_b\\_11112402.html](https://www.huffingtonpost.com/alan-kohll/is-there-a-difference-bet_2_b_11112402.html)

National Financial Capability Study (NFCS) Financial Literacy Quiz: <http://www.usfinancialcapability.org/quiz.php>

Financial Capability Scale (University of Wisconsin, Center for Financial Security):

<https://fyi.uwex.edu/financialcoaching/files/2013/07/FCS.pdf>

### Financial Fitness

- <http://time.com/money/3708117/financial-fitness/>
- <https://www.kiplinger.com/article/investing/T023-C032-S014-five-tips-for-financial-fitness.html>

### Financial Fitness Quizzes:

1. <https://njaes.rutgers.edu/money/assessment-tools/financial-fitness-quiz.pdf>
2. <https://www.vscpa.com/Content/59148.aspx>

Financial Health: <https://www.investopedia.com/terms/f/financial-health.asp>

Eight Ways to Measure Financial Health: [https://www.metlife.com/content/dam/microsites/about/corporate-responsibility/pdf/CFSI-eight ways to measure financial health.pdf](https://www.metlife.com/content/dam/microsites/about/corporate-responsibility/pdf/CFSI-eight%20ways%20to%20measure%20financial%20health.pdf)

Clearpoint: <https://www.clearpoint.org/tools/financial-health-quiz/>

Creditcards.com: <https://www.creditcards.com/credit-card-news/quiz/time-for-your-annual-financial-health-selfassessment-test.php>

Military.com: <https://www.military.com/money/personal-finance/credit-debt-management/financial-health-quiz.html>

CFSI EMERGE Magazine: [https://cfsi-emerge-files.s3.amazonaws.com/uploads/2017/06/EMERGE-Magazine Quiz AreYourFinanciallyHealthy\\_pg11.pdf](https://cfsi-emerge-files.s3.amazonaws.com/uploads/2017/06/EMERGE-Magazine_Quiz_AreYourFinanciallyHealthy_pg11.pdf)

### Financial Well-Being

- [https://files.consumerfinance.gov/f/201501\\_cfpb\\_digest\\_financial-well-being.pdf](https://files.consumerfinance.gov/f/201501_cfpb_digest_financial-well-being.pdf)
- <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>
- [https://s3.amazonaws.com/files.consumerfinance.gov/f/documents/201709\\_cfpb\\_financial-well-being-in-America.pdf](https://s3.amazonaws.com/files.consumerfinance.gov/f/documents/201709_cfpb_financial-well-being-in-America.pdf)

Net Worth: <http://njaes.rutgers.edu/money/pdfs/networthcalcworksheet.pdf>

### Financial Check Up Metrics

[http://www.cefe.illinois.edu/JCE/archives/2013\\_2014\\_vol\\_30/2013-2014\\_vol\\_30\\_pg13-29\\_O'Neill.pdf](http://www.cefe.illinois.edu/JCE/archives/2013_2014_vol_30/2013-2014_vol_30_pg13-29_O'Neill.pdf)

Financial Milestones by Age: <https://moneytalk1.blogspot.com/2017/07/personal-finance-tasks-by-decade.html>