



Your Financial Health – Living Your Best Financial Life

Women in Supply Chain Management – The Journey Conference

June 16th, 2016



RBC Wealth Management
Private Banking

Financial Health Quiz

I understand my monthly cash flows and live within my means

1

Never

2

Sometimes

3

Sometimes

4

Most of the time

5

Always



Financial Health Quiz

I have a Financial Plan

1

A What?

2

No

3

Thinking about it

4

In my mind

5

On Paper



Financial Health Quiz

I have gotten calls from bill collectors

1

Always

2

Sometimes

3

In my youth

4

Only once

5

Never



Financial Health Quiz

I understand My Relationship to My Money

1

No relationship

2

No

3

What?

4

I think so

5

Absolutely



Financial Health Quiz

I worry about my Finances

1

All the Time

2

Sometimes

3

Occasionally

4

Seldom

5

Never



Financial Health Quiz

Scoring

5-10 – Critical but not Terminal

10-15- Susceptible to Cold/Flu and Viruses

15-20 – Good Financial Health

20-25 – Financial Health Nut



3 Step Plan to Financial Health

1. Figure Out your relationship to your money
2. Get real about the numbers
3. Take care of yourself first



Money Motto- Relationship

- How do you connect with your money
- Provides power, love, security, fear, freedom
- Think about your past/upbringing
- Think about your partner's connection to money

Most women have an unhealthy relationship with money



Get Real About the Numbers

- How much do you earn/spend? (Budget/cash flow)
- How much are you worth? (Net worth Statement)
- What are your goals, dreams and desires?
- What is your plan?



Take Care of Yourself First

- Financial Literacy- service fees, credit cards, mortgages, investments
- Invest in yourself – course, training, skills
- Protect your investments (home, relationship, health)
- Pay yourself first (10%)

