

Fall In Love With Your Finances

Self-care isn't just lounging in bubbles, face mask applied and champagne in hand. Self-care is also all about doing the uncomfortable things, too. And there are few things more uncomfortable than confronting your finances.

Lucky for you, we're here to take your hand and guide you towards your best year yet. Like a financial fairy godmother, we're going to make your money woes disappear.

Step 1

We need to find your why. Read all about how to save money – and why it matters for your health.

💰 Why Financial Self-care Is So Important

[READ MORE](#)



Step 2

It's time to tackle those pesky money woes. These are the big 3 and we've called in the big guns to create a debit order for these issues to leave your life.

👯 Money Woe #1: Your Friends

We talk to our friends about sex, politics and health, yet conversations around cash are still taboo. Here's how to talk to your friends about money, tackle those tricky situations and walk away with your group intact.

[READ MORE](#)

💰 Money Woe #2: Your Partner

Struggling to talk to your partner about finances? It's time you try this money coach's hack. It's ideal for if you want to change your communication style, or simply start an honest and calm conversation.

[READ MORE](#)

🛍️ Money Woe #3: You

It's me, hi, I'm the problem, it's me. Well, not anymore. We're about to help you upgrade your money mindset. Don't speak compound interest and capital gains? Meh. You don't need an economics degree to become financially free with this genius advice.

[READ MORE](#)

Step 3

It's time to budget like a boss, girl! But don't fret, we've got your road to financial freedom all mapped out with our budget planner on the next pages.



Monthly Budget



For month and year of:

INCOME

AFTER TAX	BUDGET	ACTUAL	DIFFERENCE +/-
Income 1			
Income 2			
Side Hustles			
Other Income			

FIXED EXPENSES

AKA expenses you pay once a month, every month at roughly the same price.

	BUDGET
Bond	
Rates & Levies	
Rent	
Home Insurance	
Property Tax	
Water Bill	
Electricity Bill	
Car Payment	
Car Insurance	
Life Insurance	
Medical Aid	
Gym Membership	
TV & Internet	
Phone & Data Bill	
Subscriptions	
Debt Payments	
Investments	
Retirement Annuity	
Childcare	
Bank Fees	

Monthly Budget

VARIABLE EXPENSES
AKA expenses you incur multiple times throughout the month at differing costs.

	BUDGET	ACTUAL	DIFFERENCE +/-
Groceries			
Dining Out			
Activities			
Petrol			
Shopping			
Travel			
Personal Care			
Gifts			

SAVINGS

	TOTAL SAVINGS
Total Income (After Tax)	
Total Fixed Expenses	
Total Variable Expenses	
Savings = Income - Expenses	

Women's Health *Weekly*

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nutrition tips and more.

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