



WEALTH AND LEGAL - FINANCIAL GRATITUDE

PRACTICAL STEPS TO CULTIVATE FINANCIAL GRATITUDE



KEEP A GRATITUDE JOURNAL:

Regularly writing down what you're grateful for, can help you focus on the positive aspects of your financial life. Acknowledging your financial situation can boost optimism and motivate better financial habits.



CELEBRATE FINANCIAL MILESTONES:

Acknowledge your financial achievements. Recognising progress reinforces confidence in your financial journey



PRACTICE MINDFUL SPENDING:

Before making purchases, consider if they align with your long-term goals. Appreciate your current resources and make intentional spending choices.



VOLUNTEER OR GIVE BACK:

Engage in acts of generosity. Helping others reinforces a sense of abundance and fulfilment, contributing to a positive financial mindset.



financial
guidance



Physical
health



Mental
health



legal
assistance

**For confidential assistance on financial matters, contact your
EMPLOYEE WELLNESS PROGRAMME
on toll-free 0800 004 770
or SMS your name to 31581**