

Get mindful about your money

Money is one of the most important parts of our lives, but we all experience stress and anxiety about how to manage it best.

Mindfulness could be the answer to your money management questions — it's the practice of being intentionally aware of your financial situation, values, and choices. This simple tool can often reap big benefits, like helping you save more and develop healthy financial habits.

Interested in trying it? Here are three steps to start with:



Track your spending

This helps you identify areas where you want to change your spending habits, building a foundation for the rest of your financial mindfulness journey.

Your Empower Personal Dashboard™ makes this part easy — it automatically tracks and categorizes your spending when you link your accounts.



Identify your financial goals and values

Now that you've tracked your spending, review it with a critical eye. Which purchases feel especially good or bad?

Often the purchases that give you long term satisfaction are rooted in deeper goals, like increasing your net worth, pursuing a passion, or supporting your loved ones. Write down your financial goals, being as specific as possible.



Put it into practice

Keep your goals and values in focus when you make money decisions. If you're considering a big purchase, sit with it for a moment to make sure that it's aligned with your values.

Track progress toward your goals from month to month so that you can see how intentional money management gets you closer to the future you want, reinforcing your good choices and helping you build lasting habits.

► Log in to empowermyretirement.com and see how Empower's tools can help you practice money mindfulness.

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