

20 Financial Self-Care Tips [You Can Start Today]

Reading Time: 9 minutes

You've heard of self-care, but what about when it comes to your finances?

Everyone needs to do maintenance with their money now and again, and there are many easy ways to work this into your schedule.

Learn all about financial self-care here and get tips for getting started.

What is financial self-care?

Financial self-care isn't complicated; it's simply being intentional about keeping your finances in order. And even though money has a lot of various aspects, that doesn't mean that financial self-care has to be complicated. With these tips, it can be incredibly easy.

And just like you take the time to practice self-care through journaling or exercising, you can do the same with money. You can make sure it's functioning optimally and that everything is going according to plan.

How do you practice financial self-care?

You can begin this idea by making financial care a priority. Set aside time to think about your money each week or month, and stay organized. Know where all of your money is going at all times, and have plans for the future.

When you prioritize your money, you are practicing financial self-care, which will reward you later on. Doing things correctly now with finance will help you be ready years from now for emergencies, expenses, and retirement.

Why does financial self-care matter?

It matters because it helps you maintain your money and guide it in the right direction. You can use financial self-care to keep your finances healthy and your future secure.

You'll allow your money to work for you by starting [good habits](#) now. Soon, everything will be working well, likely without you needing to worry much about it.

Ways to practice financial self-care

Try out these ideas when beginning financial self-care.

1. Have financial goals

Know what you want your money to do. Once you have [clearly defined goals](#), you can use money to help you achieve them.

It's important to have a [mix of long and short-term goals](#). Your finances will be much easier and more organized this way.

