

Financial Health- What's That Got to do With Your Optimal Health?

So, you try to maintain your health by eating properly, taking the right vitamins and supplements, exercising routinely, practicing some spirituality, maintaining social interactions and following your purpose or passion in life. That's wonderful.

But...what if your finances are a mess? What if you are having trouble paying your bills or managing your money?

You may believe in the law of abundance and attraction but you also have to organize and be a part of your financial destiny or it will affect your health and well-being. It's a cumulative effect.

If you do not have control over your money, you will *not* have control over your life.

When you do not have control over your life, you start losing bits and pieces of other portions of your life eventually causing mental, physical or spiritual distress. Like a domino game, the dominos come tumbling down.

It's that simple.

The following list gives you some examples of what being in control of your finances means;

1. You pay your rent or mortgage on time
2. You pay your bills each month on time, and try to pay off your credit card balances in full
3. You have a savings account
4. You never have to worry that you will not have enough
5. You always know what your checkbook balance is and keep an orderly system of your financial transactions
6. You don't buy things you cannot afford
7. When you have sufficient funds, you try to share with others but do not do so if you cannot afford to take care of your financial business

8. You have a long term financial plan

In order to reap the abundance that is within our universe, you must take responsibility for your finances and gain control. You are thankful for what you have and know that when you are in control of your finances you will deserve and receive abundance.

Learn how to be financially smart, many of us are not taught this as we are growing up and many of us find it difficult or resist it. But to have abundance and health you need to learn and control your finances.

The process of financial responsibility begins with understanding the difference between your needs and your wants. Making this distinction helps to ensure that the more important purchases are taken care of, while goods and services that are not essential to maintaining a decent quality of life are acquired after needs are met.

Once you have made a clear distinction of the difference between wants and needs, the next step in financial responsibility involves learning what to do with money left over once those basic living needs are met. Saving money should be a priority when evaluating ways to spend your surplus income. Even if no it is a very small amount that you put aside it grows with time and causes you to feel secure, confident and respect your choices. This is a very important key to maintaining your health. If you respect your choices and feel secure it is of great benefit.

Stick to your budget, make wise decisions on your purchases and avoid impulse spending are all taking control of your finances and ultimately your life and well being.

Lastly, learn to respect your financial needs and rewards and share with others.

Abundance and optimal health will be yours.