

Budgeting

Do you have a budget?	Yes No	Comments <input type="text"/>
Do you use an app or budgeting spreadsheets to help you manage your budget?	Yes No	Comments <input type="text"/>
Are you using cash only for day-to-day expenses to avoid overspend on credit and store cards?	Yes No	Comments <input type="text"/>
Do you track expenses and income against budgeted amounts every month?	Yes No	Comments <input type="text"/>
Do you review and update your budget every month?	Yes No	Comments <input type="text"/>
Do you budget for annual expenses such as holidays, school fees and birthday celebrations?	Yes No	Comments <input type="text"/>
Have you built fat, a few extra rands, into your budget for unplanned expenses?	Yes No	Comments <input type="text"/>



Top tip:

Use the Truth About Money [budget spreadsheet](#) to help you keep track of your expenses.

Savings and investments

Do you have an emergency fund?	Yes No	Comments <input type="text"/>
Are you saving for education costs for you and your family?	Yes No	Comments <input type="text"/>
Are you saving for short term goals such as trips with the family and December vacations?	Yes No	Comments <input type="text"/>
Are you investing for your long-term goals such as a new home and your retirement?	Yes No	Comments <input type="text"/>
Do you have a financial planner to help you put a financial plan in place?	Yes No	Comments <input type="text"/>



Top tip:

Start working towards your financial goals with 1Life's education and holiday savings calculators.

Insurance

Are your assets such as property and a car well maintained and insured?	Yes No	Comments <input type="text"/>
Do you have a funeral plan in place for yourself and your family and extended family?	Yes No	Comments <input type="text"/>
Do you have life cover to ensure your family can pay living and other expenses after the funeral should you pass away?	Yes No	Comments <input type="text"/>

Debt management

Have you got a list of all your debts, short and long-term?

Yes
No

Comments

Do you know the amount outstanding for each debt?

Yes
No

Comments

Do you know the interest rate for each debt?

Yes
No

Comments

Are you repaying the minimum each month?

Yes
No

Comments

Are you repaying more than the minimum each month?

Yes
No

Comments

Have you got a plan to reduce your debts?

Yes
No

Comments

Do you check your credit report and credit score at least every 6 months?

Yes
No

Comments



Top tip:

Don't go at it alone if your debt feels unmanageable. Sign up for Truth About Money's debt management service and get help from the experts!

Will and estate plan

Have you got a valid, signed will?	Yes No	Comments <input type="text"/>
Does your family know where your will is kept and who the executor is?	Yes No	Comments <input type="text"/>
Have you named a Guardian and set up a trust, or made provision, for your children in your will?	Yes No	Comments <input type="text"/>
Do you review and update your will regularly?	Yes No	Comments <input type="text"/>



Top tip:

Sign up for the Wills & Estate benefit from Truth About Money for all the help you need to get an estate plan in place including a free will for you and your spouse.

Cybersafety and fraud prevention

Do you have hard to guess passwords that you change regularly?	Yes No	Comments <input type="text"/>
Do you use two-factor identification such as a sign in and OTP when transacting online?	Yes No	Comments <input type="text"/>
If you are a victim of fraud, do you know how to report it to your bank, insurer and other financial institutions you have accounts with?	Yes No	Comments <input type="text"/>
Do you check your bank and card (credit and store) statements at least once a month for unusual transactions?	Yes No	Comments <input type="text"/>

Financial literacy

Do you read blog articles and listen to or follow finfluencers to improve your money management skills?

Yes
No

Comments

Have you taken a financial literacy or money-skills course?

Yes
No

Comments

Are you teaching your children how to manage money?

Yes
No

Comments



Top tip:

[Truth About Money](#), a 1Life Insurance initiative has free online [financial education short courses](#) for you and your family to help you learn more about money, avoid and get out of debt, and build generational wealth! [Apply today!](#)

Well done on completing the checklist! How many “nos” did you check? Remember, don’t see them as setbacks but rather as opportunities to improve your financial health on your journey to financial freedom and wealth building! Jot them down and aim to turn each “no” into a “yes”

Top tip: Looking for help? Don’t go it alone. Visit the [Truth About Money](#) blog for practical and helpful tips and advice on budgeting, savings and investing, debt management, side hustles and much more.