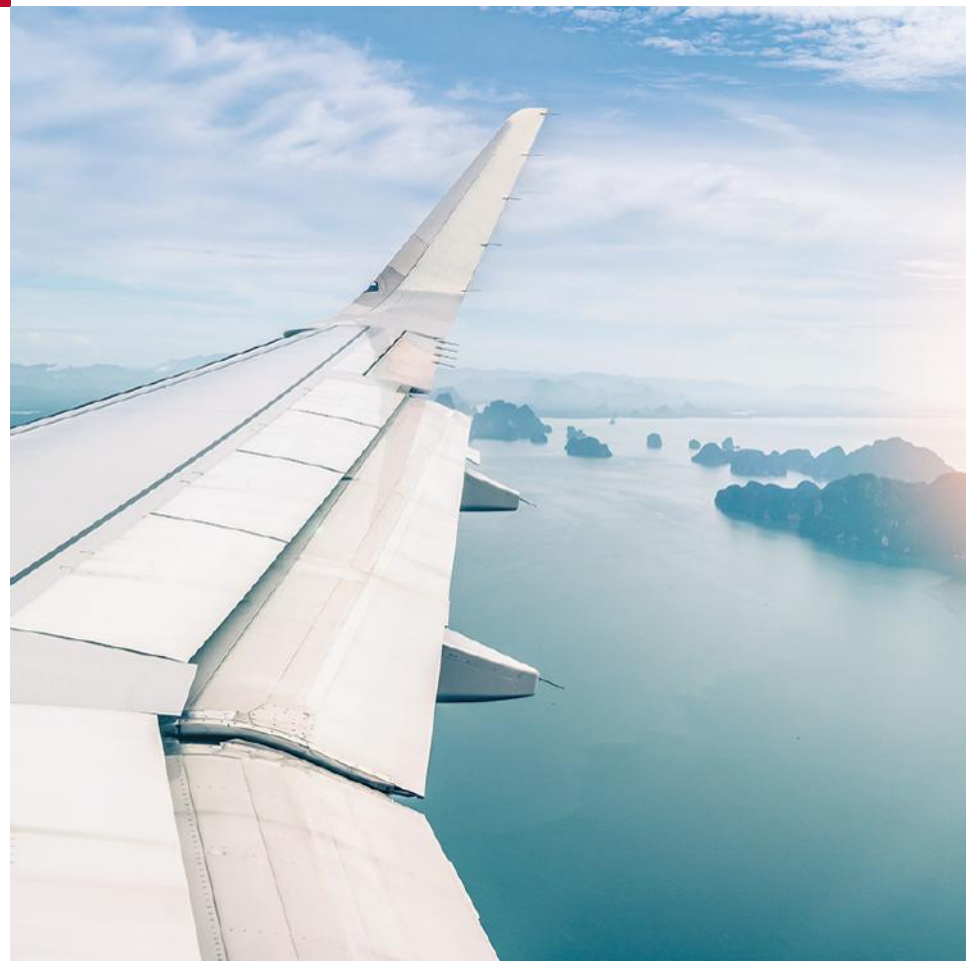
November 2026



Financial Goal Setting Challenge

Setting specific financial goals is essential for creating a road map to financial security and achieving your life aspirations. Visit the *Health & Wellness Centre** Health Library to access the **Financial Goal Setting Challenge**, which will help you define short-term, medium-term, and long-term goals, providing a clear plan to work towards.

Through a variety of activities, this challenge empowers you to assess your current financial situation, develop actionable strategies, and track your progress, ensuring you stay on course to reach your financial objectives:

- Create a vision board or a list of personal and financial aspirations
- Create an action plan for each goal
- Identify potential obstacles
- Reflect on the process

By defining and planning for specific financial goals, you will take crucial steps toward securing a financial future. Remember, the key to ongoing success is regular review, adaptation, and maintaining a disciplined approach to managing your finances.

**Access the Health & Wellness Centre through your My Canada Life at Work profile today.*

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