

# Expand your self-care toolkit

When most people hear the term self-care, they think of things like eating healthy meals and getting a good night's sleep. But how about financial self-care? Taking clear steps towards your goals can go a long way towards easing stress and improving overall wellness. This checklist can help you get started.

## Retirement

- Take a moment to envision your ideal retirement
- Contribute enough to meet your employer match
- Set up a 1-on-1 advice session

## Budgeting

- Create a budget with [our worksheet](#)
- Set a financial goal on the TIAA app
- Cook a meal you would have ordered out and put the difference in savings

## Debt management

- Make a plan to pay off your student loans or credit card debt on the TIAA app
- Set a debt-free date

## Healthcare

- Review your employer-provided insurance so you know what's covered
- Plan for retirement healthcare costs—an HSA can be a great tax-free tool

Find more tools to help you along the way at



[tiaa.org/tools](https://tiaa.org/tools)

Or download the TIAA app



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