



EQUITY NOVA

EMPOWERING WOMEN. BUILDING WEALTH. SHAPING FUTURES.

Financial Foundations Checklist

5 essential steps every woman
should take to build a strong
financial future.



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Build Your Financial Foundation. Build Your Future.

Financial freedom isn't about how much you earn—
it's about the habits, knowledge, and choices you build today.

Use this checklist as your roadmap to take control of your
money and create the life you want.



1. KNOW YOUR INCOME

Track your total income from all sources.
Understand what you earn—this is the
foundation of every financial plan.

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2. TRACK YOUR EXPENSES

Be aware of where your money goes.
Track your spending for at least 30 days
to identify patterns.

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3. BUILD AN EMERGENCY FUND

Aim to save 3–6 months of essential expenses.
This fund is your safety net in unexpected
situations.

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4. SAVE & INVEST CONSISTENTLY

Pay yourself first. Save a part of your income
and start investing early, even if it's a small
amount.

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5. PROTECT WHAT MATTERS

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Financial Foundation Deep Dive

A little clarity today creates
financial confidence for life.



KNOW YOUR INCOME

- List all your income sources (salary, freelance, business, etc.).
- Review and update it regularly.



TRACK YOUR EXPENSES

- Categorize: Needs, Wants, Savings.
- Use apps or a notebook—whatever keeps you consistent.



BUILD AN EMERGENCY FUND

- Start small, but start today.
- Keep it in a liquid savings account.



SAVE & INVEST CONSISTENTLY

- Automate your savings.
- Explore investment options suitable for your goals and risk profile.



PROTECT WHAT MATTERS

- Health insurance protects your savings.
- Life insurance protects your loved ones.



You don't need to be an expert to start,
you just need to start to become an expert.



Get a
life. f
build

Small steps



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Bonus: Financial Habits to Practice Daily



Spend mindfully, not emotionally.

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Review your finances weekly.

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Learn something new about money.

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Avoid unnecessary debt.

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Invest in yourself—always.

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Your financial journey is yours alone,
but you don't have to do it alone.

We rise together.

adequate insurance for your health and
Protection is just as important as
ing wealth.

s today. Big freedom tomorrow.



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Your Future Is In Your Hands.

Every smart choice you make
today is a step toward the
life you dream of.

**Build your foundation.
Build your freedom.**



Let's Stay Connected

-  Website: equitynova.in
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