



LifeWorks

Managing Your Finances

How LifeWorks Can Help

Credit card debt, paying for college/university, saving for a rainy day, rising grocery prices -- these are just some of the financial challenges most of us face. As the cost of living rises, managing your money well is critical.

If you're in need of support to help you get back on track with your finances, contact [LifeWorks](#) any time, 24/7, to speak confidentially with a professional consultant. Whether you're seeking tips to improve spending habits, or information to help you set a budget, reduce your debt, or save more, our financial specialists can provide you with the resources you need.

You can also log in to the LifeWorks platform (login.lifeworks.com) any time to access articles, audio recordings, self-assessments, e-books, toolkits, and more:

- [Financial Planning: Websites and Books](#)
- [Financial Management Plan worksheet](#)
- [Applying for Financial Aid in Canada: Understanding the Process](#)
- [How's Your Financial Discipline?](#)
- [Resources for a Financial Emergency](#)
- [Ten Tips for Living Within Your Means](#)
- [Ten Steps to Take During Difficult Financial Times](#)
- [Do You Have Debt Problems?](#)
- [Getting Out of Debt: A step-by-step guide](#)
- [Taking Charge of Your Money recording](#)

Log in any time to login.lifeworks.com

User ID:

Password:

Contact LifeWorks toll-free, 24/7:

Get the "LifeWorks" app!



Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are trademarks of Google Inc.