

How to Make Your Financial Life Happier in 2022

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Instead of setting an ambitious money goal in the new year, consider some smaller and more cerebral ways to make your financial life happier.

This approach is likely to be especially helpful in 2022, after two years in which many have been under financial and other sources of strain. According to an online survey that the personal-finance site NextAdvisor conducted of nearly 3,000 adults in June, over half said they felt very or somewhat anxious about their finances.

“People spend a lot of time talking about how to manage their money but rarely think about how to improve their relationship with their finances,” said Dan Egan, vice president of behavioral finance and investing at Betterment.

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