



Financial Planning: A Catalyst to Improved Financial Resilience and Financial Well-Being

Financial Resilience Institute

June 2026



Financial Planning: A Catalyst to Improved Financial Resilience and Financial Well-Being



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Context, about the Institute, Financial Health and Resilience Index Model and **Study Objectives**



As a leading independent authority on financial well-being in Canada and globally, we're a non-profit organization working to catalyze systemic change through improved financial health and resilience and financial well-being for all

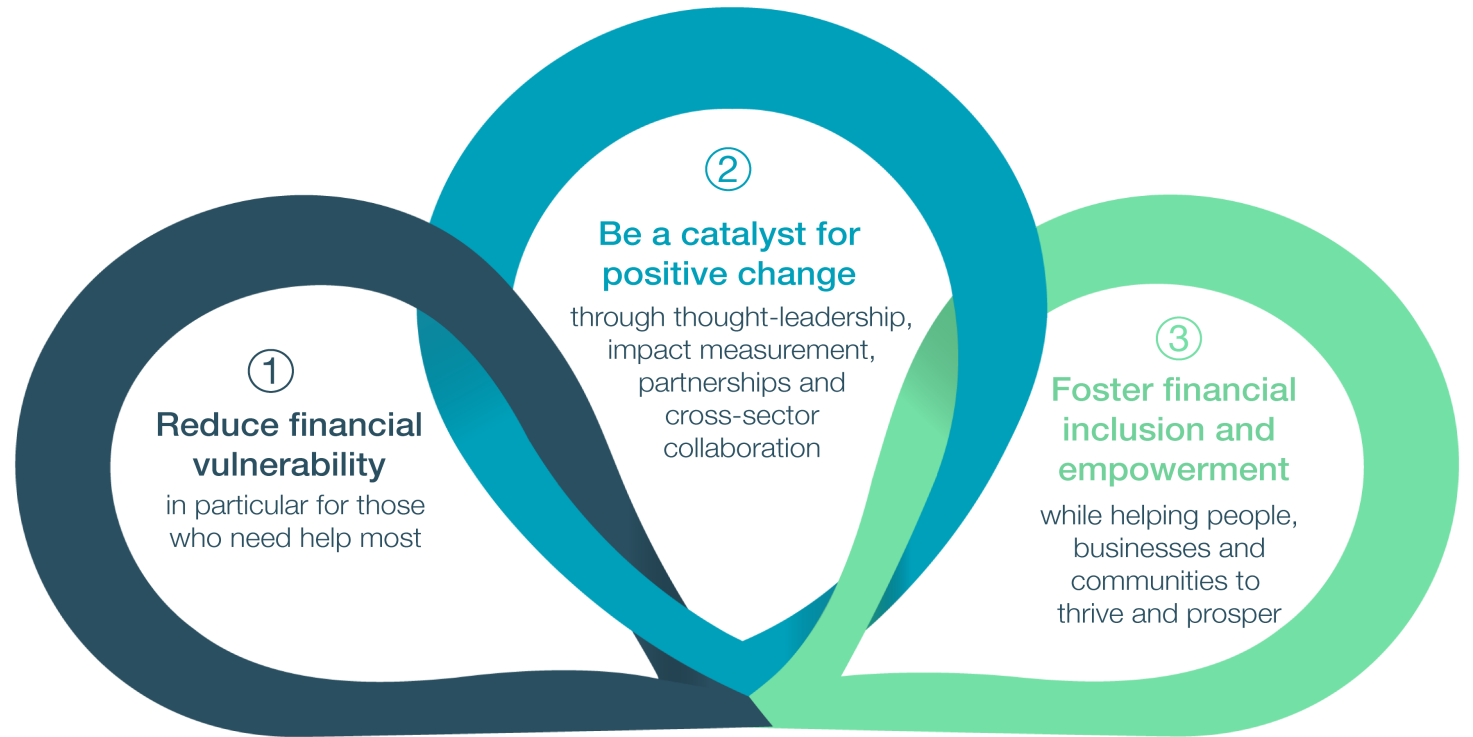


We believe in the power of evidence to build resilience, improve lives and strengthen communities.

Financial services innovation, public policy and programs work best when rooted in data and facts. Our research impact measurement, and cross-sector collaboration spark solutions in programs and practice. We're working to help people, businesses and communities to thrive and prosper.

Improving Financial Resilience and Well-Being For All

We partner with financial services leaders, policymakers, innovators and employers to design and implement solutions that improve financial resilience, health and well-being for all – especially the most vulnerable among us.



We believe in the power of evidence to build resilience, improve lives and strengthen communities.

Financial services innovation, public policy and programs work best when rooted in data and facts. Our research and impact measurement, and cross-sector collaboration spark solutions in programs and practice. We're working to help people, businesses and communities to thrive and prosper.

Definitions of financial health, financial resilience and financial wellness within the over-arching construct of Financial Well-Being

Developed in 2016 as part of the Personal Financial Well-Being Framework [1]

Financial Well-Being

A state of being wherein a person can fully meet current and ongoing financial obligations, can feel secure in their financial future, and is able to make choices that allow them to enjoy life. [1,2]

Financial Health

Financial health is about your ability **to balance your financial needs for today with those of tomorrow as a result of decisions and behaviours** that move you forward.

Financial Resilience

Financial resilience is about your **ability to get through financial hardship, stressors or shocks as a result of unplanned life events.**

Financial Wellness

Financial wellness is about your **emotional peace of mind in terms of your financial situation and current and financial future obligations.** The opposite is financial stress.

Financial Inclusion refers to the ability of individuals and businesses to access useful and affordable financial products and services that meet their needs.

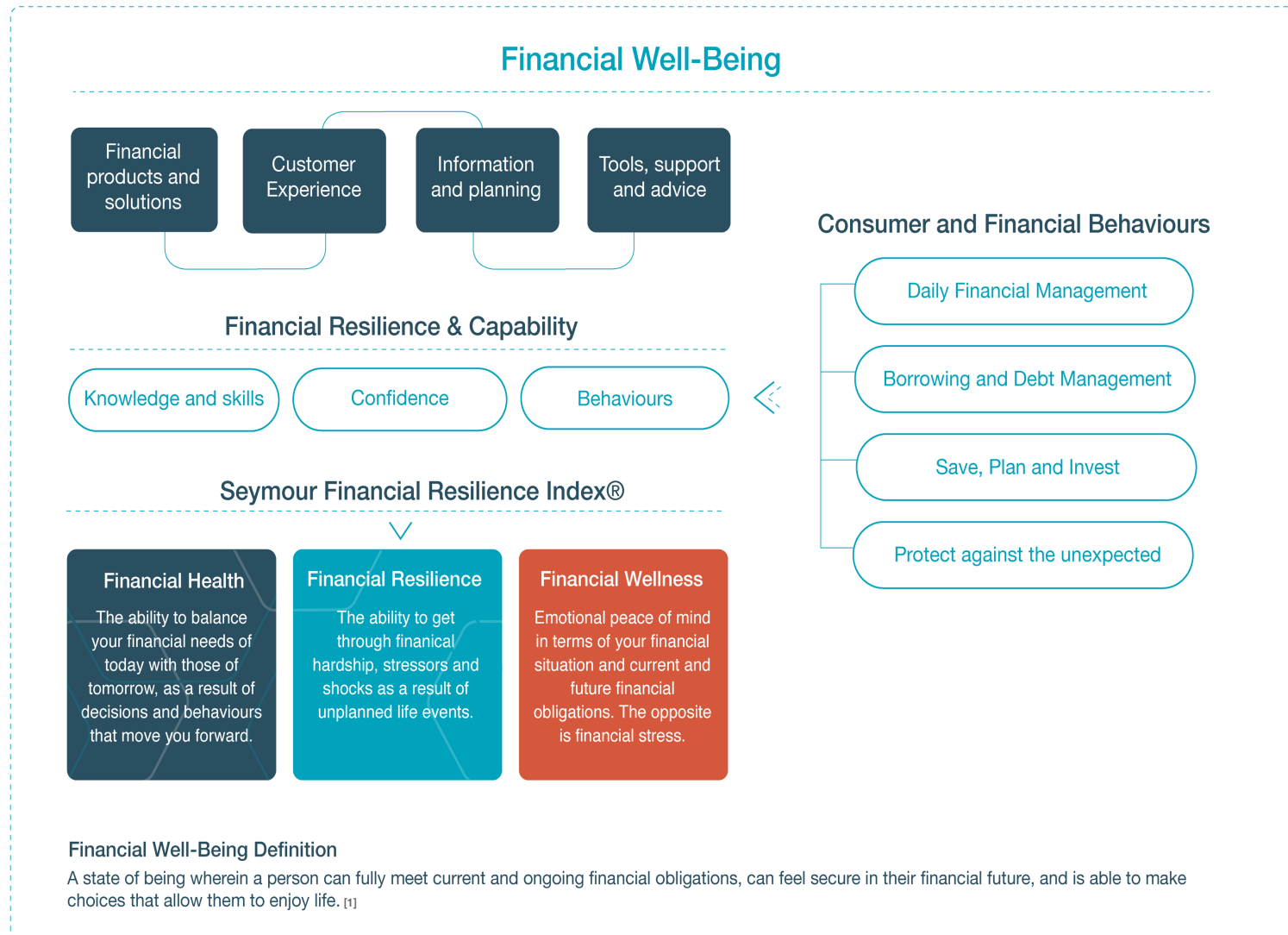
[1] The Personal Financial Well-Being Framework was developed by Seymour Consulting (now Financial Resilience Institute) in 2016 based on over 1.5 years of research of financial health, financial capability, financial well-being and financial literacy studies around the world, plus consultation with leading academics like Professor Elaine Kempson and organizations like Financial Health Network, FCAC and others.

The definition for 'Financial Well-Being' above was developed by CFPB (Consumer Financial Protection Bureau in the US and was adopted by our organization as a robust definition for this framework. <https://www.consumerfinance.gov/consumer-tools/educator-tools/youth-financial-education/glossary/>

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Personal Financial Well-Being Framework: published by the Institute in 2016



Source, Financial Resilience Institute, Financial Well-Being Framework

[1] The definition for 'Financial Well-Being' was developed by CFPB (Consumer Financial Protection Bureau) in the US and was adopted by Financial Resilience Institute for this framework.

The proprietary Financial Well-Being Framework was developed by Eloise Duncan of Seymour Consulting (now Financial Resilience Institute) in 2016 over 1.5 years in 2013 to 2015 with this informed by leading financial health, financial capability, financial well-being frameworks and/or and other research studies from around the world. peer-reviewed by many organizations and academics around the world. It shaped the development of the Financial Well-Being Studies and other instruments created by our organization.

The framework is published on our website: <https://www.finresilienceinstitute.org/definitions-and-frameworks>

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Why financial health and resilience and financial well-being matters

In an uncertain world where Canadians regularly experience unplanned life events, financial stressors and shocks, financial resilience is critical for overall resilience and well-being. It is key to an individuals' ability to manage and recover from negative financial events.

Financial resilience can enable an individual to continue making mortgage and credit card payments despite dealing with an unexpected expense or financial 'shock'. It can also minimize an individuals' reliance on government financial assistance during challenging times. This in turn can help reduce costs for governments by potentially limiting the levels of financial support needed to be deployed to support households facing personal or widespread economic downturns.

Financial vulnerability is a mainstream issue in Canada, as highlighted through our Institute's many reports including the latest [February 2026 Financial Health and Resilience Index Release Report and complementary data](#).

As people improve their financial resilience and reduce their financial vulnerability, moving upward from Financial Resilience Institute's 'Extremely Vulnerable' and 'Financially Vulnerable' financial resilience segments to the 'Approaching Resilience' and 'Financially Resilient' segments, they can become more capable of managing financial stressors and shocks, and facing life's challenges. Ultimately, a healthy, financially resilient economy starts with financially resilient individuals.



This Institute report provides robust Financial Health and Resilience Index model analytics and evidence to prove that households working with a financial planner, planning ahead financially and/or creating or adjusting a financial plan have improved financial resilience outcomes, across every income demographic

Financial Resilience Institute is a non-profit organization and the leading independent authority on financial resilience and financial well-being in Canada and globally. The Institute has leveraged its Financial Health and Resilience Index model and conducted analytics in February 2026 to explore and validate if there is an association between people working with a financial planner and improved household financial resilience. This report is being published for policymakers and those with a stake in the financial resilience and well-being of Canadians. This summary complements the full and summary reports published by the Institute in July 2023, made possible thanks to the support of Financial Planning (FP) Canada and Institut québécois de planification financière (IQPF).

Our non-profit has led the way to bring robust, independent, longitudinal data, Index analytics and evidence to support advocacy and systemic change for Canadians and those that are more financially vulnerable. This includes through, for example, the development of government supported engagements with financial planning professionals designed to help low and middle-income Canadians to access an affordable first financial plan, along with follow-up support to implement and adjust it. This can help contribute to improved household financial resilience outcomes for these households, while helping them to foster their financial well-being and overall personal well-being [1].



This data and report is provided for **Policymakers, Financial Institutions and the ecosystem** help drive positive change: in line with our Institute's vision and impact goals to help improve **financial resilience and well-being for all**.

This Financial Resilience Institute report was made possible with the support of FP Canada, with the report authored by the Financial Resilience Institute team.

Source: Financial Resilience Institute, 'Financial Planning: A Pathway to Improved Financial Resilience' Report (July 2023) <https://www.finresilienceinstitute.org/wip-financial-planning-report/>

[1] The Institute has created multiple reports for policymakers and advocacy in addition to this report. For example, the Institute's data helped to make the case for Canadians living with low incomes to receive the community delivered financial help through the Resilient Futures Program: <https://www.finresilienceinstitute.org/low-income-canadians-reports/>

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Framing 'Financial Planner' for the Purpose of this Report



For the purposes of this research, the February 2026 Financial Well-Being study asked if survey respondents are currently working with a financial planner as a generic term, with these professionals not necessarily holding a specific financial planning credential but rather engaging in the practice of financial planning generally.

There are many terms around 'financial planners' and 'financial advisors' and some households may think of these terms inter-changeably. Within the boosted sample implemented by Financial Resilience Institute, it should be noted there may be some respondents who have engaged with a financial advisor (or independent financial advisor), rather than a financial planner per se, and are included in the study sample.

The Institute's leading Financial Health and Resilience Index Model tracks household health and financial resilience in Canada, building on 10+ years of data and analytics [1,2]

What the peer-reviewed world-leading Index measures

Financial resilience: i.e. a household's ability to get through financial hardship, stressors and shocks as a result of unplanned life events.

The Index measures and tracks household financial health and resilience across nine behavioural, sentiment and resilience indicators at the national, provincial and individual household levels, with multiple applications [1].



The ability to balance your needs of today with those of tomorrow, as a result of decisions and behaviours that move you forward.



The ability to get through financial stressors, shocks and financial hardship as a result of unplanned life events.



Emotional peace of mind in terms of our financial situation, and current and future financial obligations. The opposite is financial stress.

Source: Financial Resilience Institute, Financial Health and Resilience Index Model, Seymour Financial Resilience Index ©

[1] The Financial Health and Resilience Index Model measures *financial resilience*, i.e. *one's ability to get through financial hardship, stressors and shocks as a result of unplanned life events*, across nine behavioural, sentiment and resilience indicators at the national, provincial and individual household levels for Canadians and the customers, employees or stakeholders of our client and partner organizations working with the Institute. The proprietary Index was developed by Seymour Consulting, now Financial Resilience Institute, over more than five years based on an iterative process to regress and evaluating over 35 potential indicators against self-reported "financial resilience" or "financial stress" measures, using the multiple linear regression technique. In the end, 9 variables were determined to account for 66 percent of the variance in the financial resilience construct as of February 2026 and October 2025, with a consistently strong model. The regression model's indicators (independent variables) are significant at a 95% confidence interval, with p-values less than 0.05. Index development and methodology details are at <https://www.finresilienceinstitute.org/why-we-created-the-index/>.

[2] The Index is the first of its kind in the world and builds on over 10 years of robust data from the Financial Well-Being Studies instrument conducted three times a year with over 5000 adult Canadians, from a representative sample of the population. The Household Financial Resilience Index has been peer-reviewed and recognized by many leading organizations. It is the first Index of its kind in the world with February 2026 the 16th Index release. The Index has been created as a community asset for good and is being levered by our non-profit organization to help improve the financial health and financial resilience of people in Canada and around the world.

The Index is being adopted or recognized by leading global Financial Institutions, Policymakers and others in Canada and globally, as we see an increased focus on of financial health and resilience impact measurement, innovation and systems change globally.

The Index and our instruments have been peer-reviewed and used by many organizations including: Statistics Canada, C.D. Howe Institute, Vancity, Standard Chartered Bank, Co-operators Coast Capital Savings, Royal Bank of Canada, FP Canada, Prosper Canada and others. It has also been recognized by leading organizations. These include UNEP-FI/ UN-PRB, IMF, World Bank, CGAP, UNSGSA, Bank of International Settlements (BIS), Canadian federal and provincial policymakers, Financial Consumer Agency of Canada, (FCAC), Financial Health Network, ING and many central banks, regulators and financial health leaders around the world.

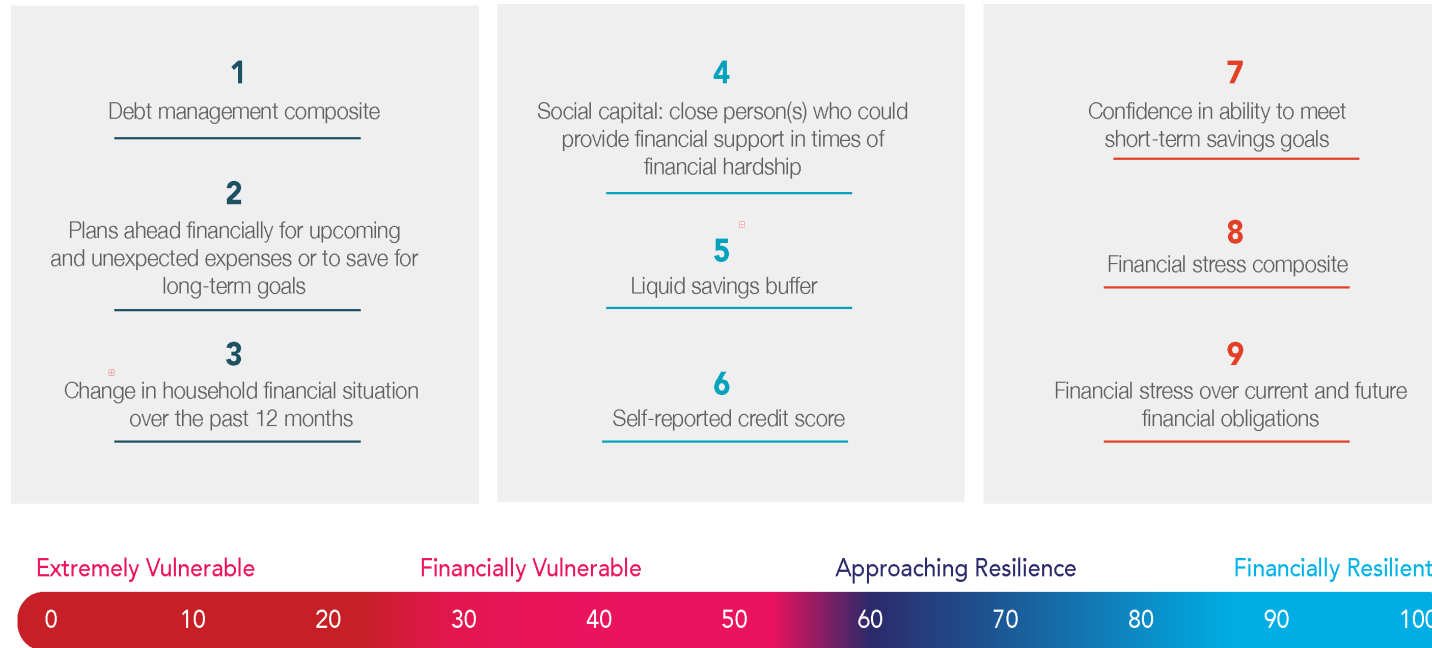
Our frameworks and models also build on extensive consultation with leading financial well-being academics including Professor Elaine Kempson; customer in-depth consultations and qualitative analysis and leading research and analytics.

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Financial Health and Resilience Index Model

The Index measures and tracks household financial resilience, i.e. *a household's ability to get through financial hardship, stressors and shocks as a result of unplanned life events*



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index ®

[1] The Financial Health and Resilience Index Model measures *financial resilience*, i.e. *one's ability to get through financial hardship, stressors and shocks as a result of unplanned life events, across nine behavioural, sentiment and resilience indicators at the national, provincial and individual household levels for Canadians and the customers, employees or stakeholders of our client and partner organizations working with the Institute*. The proprietary Index was developed by Seymour Consulting, now Financial Resilience Institute, over more than five years based on an iterative process to regressing and evaluating over 35 potential indicators against self-reported "financial resilience" or "financial stress" measures, using the multiple linear regression technique. In the end, 9 variables were determined to account for 66 percent of the variance in the financial resilience construct as of February 2026 and October 2025, with a consistently strong model. The regression model's indicators (independent variables) are significant at a 95% confidence interval, with p-values less than 0.05. Index development and methodology details are at <https://www.finresilienceinstitute.org/why-we-created-the-index/>.

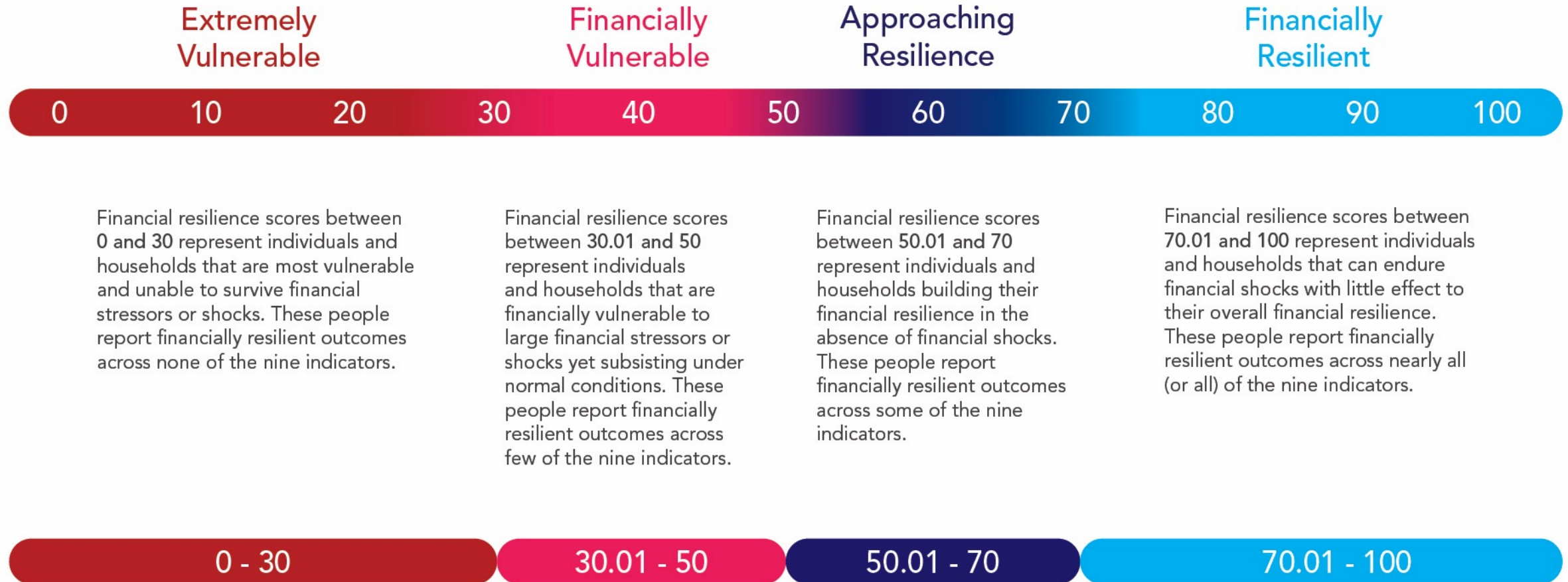
[2] The Index is the first of its kind in the world, has a pre-pandemic baseline of February 2020 and builds on over 10 years of robust data from the Financial Well-Being Studies instrument conducted three times a year with over 5000 adult Canadians, from a representative sample of the population. It has been peer-reviewed and used by many leading organizations including but not limited to: Statistics Canada, C.D. Howe Institute, Vancity, Standard Chartered Bank, Co-operators, Coast Capital Savings, Haver Analytics, C.D. Howe Institute, Royal Bank of Canada, FP Canada, Prosper Canada and others. It has also been recognized by world-leading leading organisations including UNEP-FI/ UN-PRB, IMF, World Bank, CGAP, UNSGSA, Bank of International Settlements (BIS), FSCA, OECD and others.

[3] 'Extremely Vulnerable' households have a financial resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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Index Scoring Model and Segments



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model.

'Extremely Vulnerable' households have a financial resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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Financial Resilience Health and Resilience Index Model Development Methodology

Seymour Financial Resilience Index ®



The Financial Health and Resilience Index Model is a consistently strong model that has been validated over several years. The nine indicators account for 66 percent in the variance in the household financial resilience construct as of February 2026. All indicators are significant at a 95% confidence interval, with p-values less than 0.05.

- The Financial Health and Resilience Index Model, Seymour Financial Resilience Index ® is a proprietary regression model developed based on an iterative process to regressing and evaluating over 35 potential indicators against self-reported 'financial health' 'financial resilience' and 'financial stress' measures, using the multiple linear regression technique [1,2,3].
- In the end, nine variables were determined to account for 66 percent of the variance in the financial health and resilience construct as of February 2026. They accounted for 66 percent of the variable in the financial resilience October 2025; 65 per cent as of June 2025; 66 per cent as of February 2025 and 67 per cent of the variance in the financial resilience construct as of October 2024 and 64 percent of the variance in the financial resilience construct as of February 2021 [4].
- The regression model indicators (independent variables) are significant at a 95% confidence interval, with p-values less than 0.05.
- The model builds on over ten years of longitudinal national Financial Well-Being Studies data. The Index has been validated against all years of Financial Well-being studies data between 2017 and 2026 and through studies and analytics for FI clients, government and partners. This has revealed consistency in results, represented by a strong R-squared and similar weights of the independent variables as predictors of household financial health and resilience.
- Weightings for the model are dynamic, unequal and based on their overall contribution to the dependent variable in the model.

Source: Financial Resilience Institute, Financial Health and Resilience Index Model, Seymour Financial Resilience Index ®.

[1] The Financial Resilience Index Model has been peer-reviewed by Statistics Canada, UN-PRB, C.D. Howe Institute. Haver Analytics and leading Financial Institutions and other organizations using it. It was developed building on over ten years of national Financial Well-Being studies data, with a pre-pandemic baseline of February 2020. The Index is complemented with the Financial Well-Being Studies instrument, with longitudinal research and analytics being conducted with around 1500 of the same households (from the total sample of 5000 households) over time. The Index is being used by financial institutions and other organizations to measure and track the financial resilience and financial well-being of their customers and stakeholders over time and other aspects such as the extent to which their customers rate them for helping to improve their financial wellness; financial inclusion challenges, financial stressors, financial behaviours and more.

Financial health, stress and vulnerability data are available dating back to 2017 with household financial resilience measurement based on the Index available from 2020. The Index is complemented with financial health, stress and vulnerability data available by household income and for key populations dating back to 2017 based on the national Financial Well-Being studies dataset.

[3] The sample size for the February 2026 Financial Well-Being Study is 5429 survey respondents with 4655 scored through the Index (MOE: 1.33%, Confidence Interval 95%).

[4] The nine indicators accounted for 65 per cent of the variance in the financial resilience construct as of June and February 2024; 60 per cent as of October 2023; 63 percent in June 2023; 62 percent as of February 2023 and June 2022.

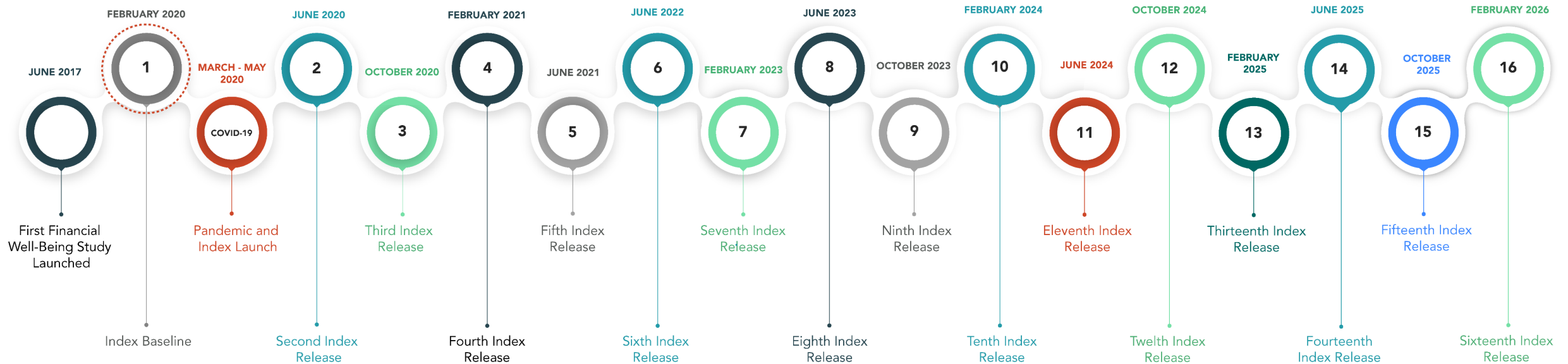
More information on the Index is available in the at: <https://www.finresilienceinstitute.org/why-we-created-the-index/>
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Index Development Roadmap: with February 2026 the sixteenth Index Release

The peer-reviewed Financial Health and Resilience Index has been validated over many years and builds on nineteen national longitudinal Financial Well-Being Studies (2017 to 2026) with a pre-pandemic baseline of February 2020. February 2026 represents the sixteenth Index release.

Financial Well-Being Studies and Financial Health and Resilience Index Model Roadmap
 Seymour Financial Resilience Index ©
 2017 to 2026



Source: Financial Resilience Institute, Financial Health and Resilience Index Model, Seymour Financial Resilience Index ©.
 More information is available in the at: <https://www.finresilienceinstitute.org/why-we-created-the-index/>
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The Financial Health and Resilience Index Model and national Financial Well-Being Studies (June 2017 to February 2023) complement each other

1 Financial Health and Resilience Index Model Seymour Financial Resilience Index®

2 Financial Well-Being Studies (2017 to 2026)



● Behavioural
 ● Resilience
 ● Sentiment

Source: Financial Resilience Institute, Financial Health and Resilience Index Model and Financial Well-Being Studies, Seymour Financial Resilience Index®. Seymour Financial Resilience Index® is a trademark used under license by FP Canada and the Financial Resilience Society. © 2026 Financial Resilience Society. All rights reserved.

The Institute's national Financial Well-Being Studies (2017 to 2026)

Canada's most robust, independent, longitudinal study measuring household financial health and resilience, financial well-being and more, with this complementing the Financial Health and Resilience Index model instrument, with application in other countries



- The national longitudinal Financial Well-Being Studies are Canada's only and most robust national, independent and longitudinal investigation into individuals' and households' financial health, financial resilience, financial well-being, overall well-being and the role Financial Institutions and Employers play in supporting their customers and employees' financial wellness. The study builds on the Institute's Financial Well-Being Framework, published in 2016 [1].
 - Studies build on the Institute's Personal Financial Well-Being Framework and have a sample size of 5000 adult Canadians from a representative sample of the population by household income, age, gender and province with disaggregated trended data, combined with analytics based on the Institute's peer-reviewed Financial Health and Resilience Index Model (with an Index baseline of February 2020) and other instruments.
 - The study is a 15-minute online survey, conducted annually in June 2017, 2018 and 2019, then three times a year pre and post-pandemic (February 2020, June 2020, October 2020). The study was conducted annually in June 2021 and June 2022, and three times a year from February 2023 to February 2026 (in February, June and October each year).
 - Starting in 2026, the Institute is evolving to annual national impact measurement, with additional measurement based on the needs of our clients and partners. We are also conducting studies internationally, with the Financial Well-Being Study having application in other countries.
- The study provides independent longitudinal data and tracking on the extent to which tier-one bank Financial Institutions, Employers and others are supporting their customers' or employees' financial wellness for customers overall, those who are more financially vulnerable and key segments. The Institute also measures business and social benefits, financial inclusion and access to help challenges and more for households and foundational, intermediate and impact outcomes, combined with customer, business and social impact outcomes.

Primary or joint financial decision makers, aged 18 to 70 years from a representative sample of the population by province, age, gender and household income.

5000 survey respondents with end-to-end design, analytics and reporting provided by Financial Resilience Institute.

Recruitment of survey respondents is through the Angus Reid Forum; Canada's most respected and engaged online panel with ARG a partner of our NPO

Highly robust Index and longitudinal dataset, with Quebec data included as of June 2020.

The instrument includes customized questions for Institute clients and partners and complement the Financial Health and Resilience Index [2,3]

Source: Financial Resilience Institute, Financial Well-Being Studies, which complement the Institute's proprietary Financial Health and Resilience Index Model.

[1] The Personal Financial Well-Being Framework is published at: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit/>

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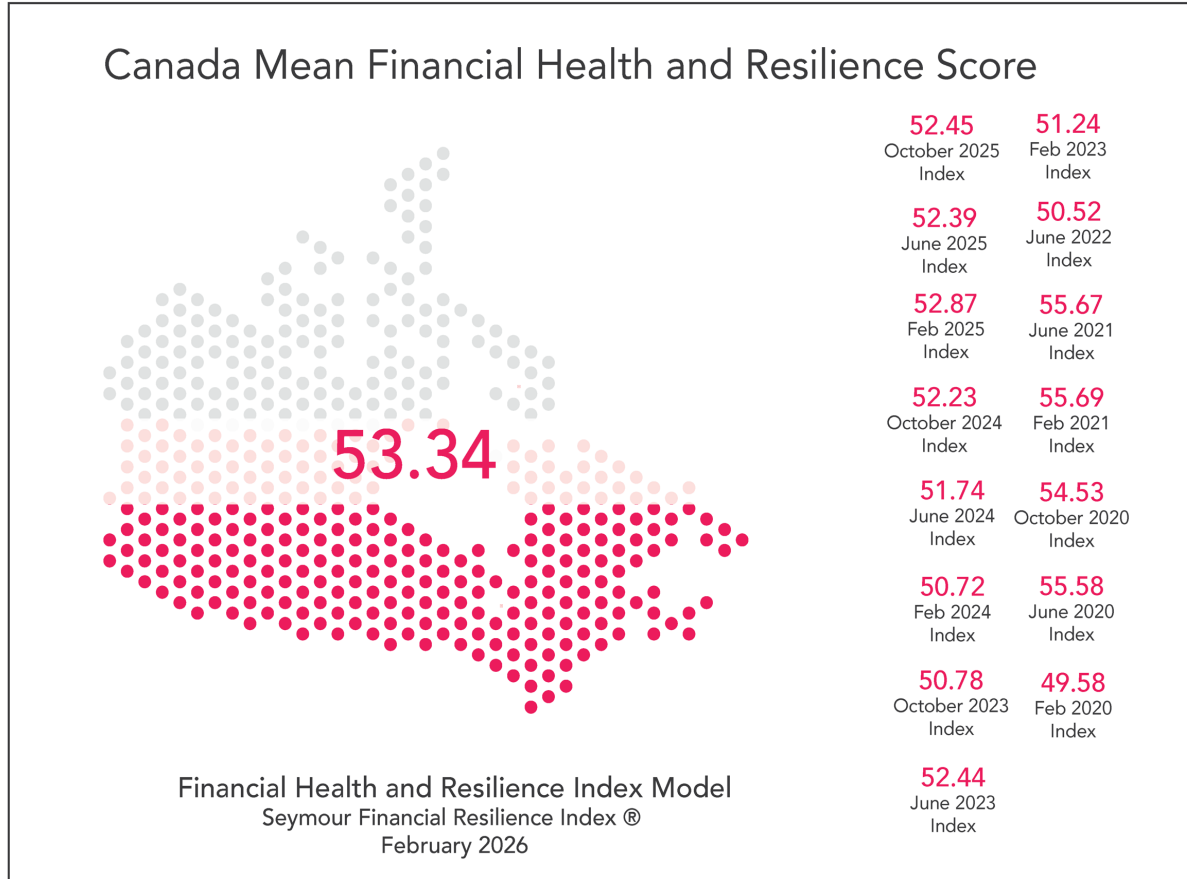
[2] The sample size for the February 2026 Financial Well-Being Study is 5429 survey respondents with 4655 scored through the Index (MOE: 1.33%, Confidence Interval 95%).

[3] The Financial Well-Being Study is conducted annually (or more often) with FI and other clients working with our non-profit enabling measurement for their customers, employees and stakeholders, with benchmark data compared to non-customers and markets.

Financial inclusion and access-to-financial help indicators are tracked, along with key interventions that households receive over the past year and more, with multiple applications. The study also complements the open-source subjective Financial Well-Being Index Model and Toolkit, released for financial health innovators in Canada and globally, with the User Guide, Toolkit and more available here: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit/> © 2026 Financial Resilience Society. All rights reserved.

The Canada Mean Financial Health and Resilience Score is 53.34 as of February 2026 with households at the national level ‘Approaching Resilience’

The Canada Mean Financial Health and Resilience Score has remained very stable compared to a year ago, at 53.34 in February 2026 compared to 52.87 in February 2025. This is 0.47 Index points higher than a year ago. More insights are available in the February 2026 Index Release Reports [1].



February 2026 Financial Health and Resilience Index Release
May 5, 2026

The Canada Mean Financial Health and Resilience Score of 53.34 Highlights Increased Household Financial Vulnerability for Middle-Income Families with Children

Report Authors: Eloise Duncan, Kujtim Koci and Patrice Mirindi

The Financial Resilience Institute's sixteenth Financial Health and Resilience Index offers a comprehensive view into the financial health and resilience of Canadian individuals and households. The world-leading Index measures the financial health and resilience of individuals and households at multiple levels, with tracking currently completed three times a year by our non-profit, a leading independent authority on financial resilience and financial well-being in Canada and globally. Based on the peer-reviewed Index, the Canada Mean Financial Health and Resilience Score is 53.34 as of February 2026.

This Index Release Report is accompanied by a complementary report with trended data, 'The Financial Health and Resilience of Canadian Individuals and Households' (May 5, 2026), published [here](#).

The Index measures and tracks the financial health and resilience of individuals and households across nine behavioural, sentiment and resilience indicators at the national, provincial and individual household levels in Canada, with applications in other countries. It is the first and most robust Index of its kind, with a pre-pandemic baseline of February 2020, and is currently being used by many organisations. It was recently presented at the Bank of International Settlements (BIS) UNGSA Financial Health conference in Basel Switzerland in November 2025, upon invitation by the International Money Fund (IMF), Bank of International Settlements (BIS) and UNGSA.



Canada Mean Financial Health and Resilience Score

53.34

Financial Health and Resilience Index Model
Seymour Financial Resilience Index ©
February 2026

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Financial Resilience Institute

The Financial Health and Resilience of Canadian Individuals and Households

Increasing Financial vulnerability for Middle-Income Families and Women and pressures for many households

February 2026 and Trended Financial Health and Resilience Index Model Analytics: complementing the Index Release Report

May 5, 2026



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Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index ©.

[1] See the February 2026 Financial Health and Resilience Index Release Report and complementary data published at: <https://www.finresilienceinstitute.org/>

The sample size for the February 2026 Financial Well-Being Study is 5429 survey respondents with 4655 scored through the Index (MOE: 1.33%, Confidence Interval 95%).

'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

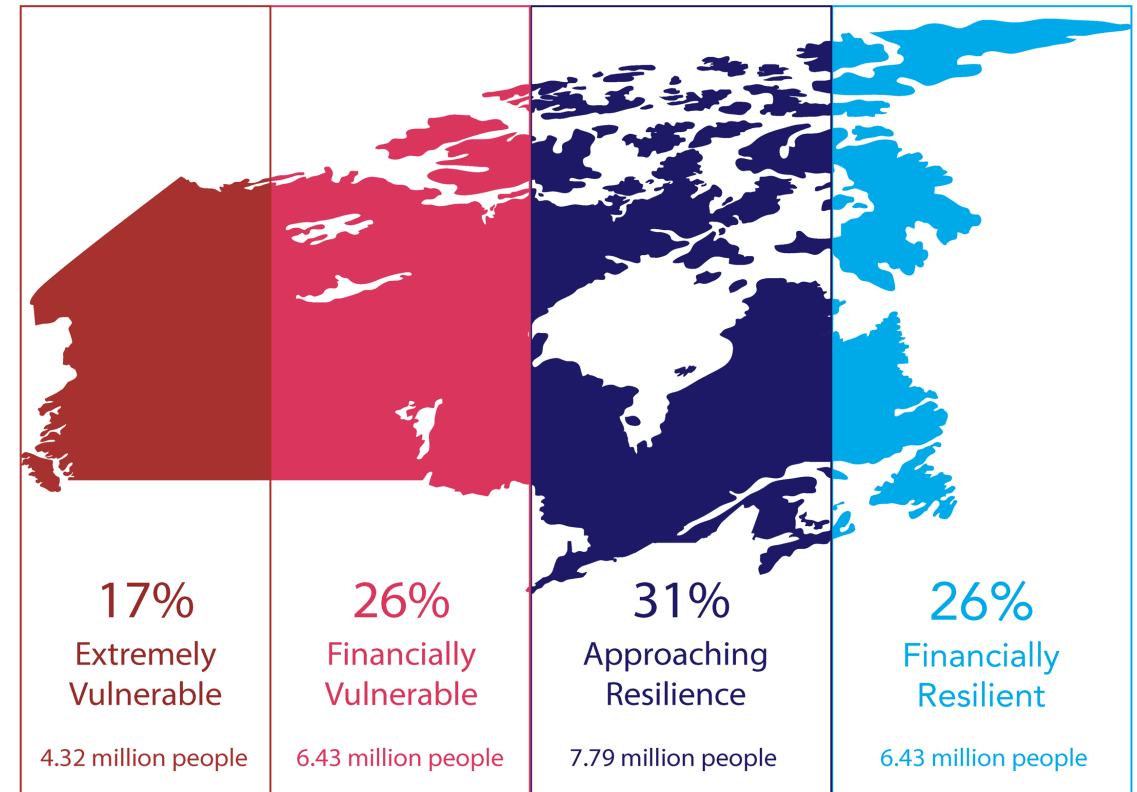
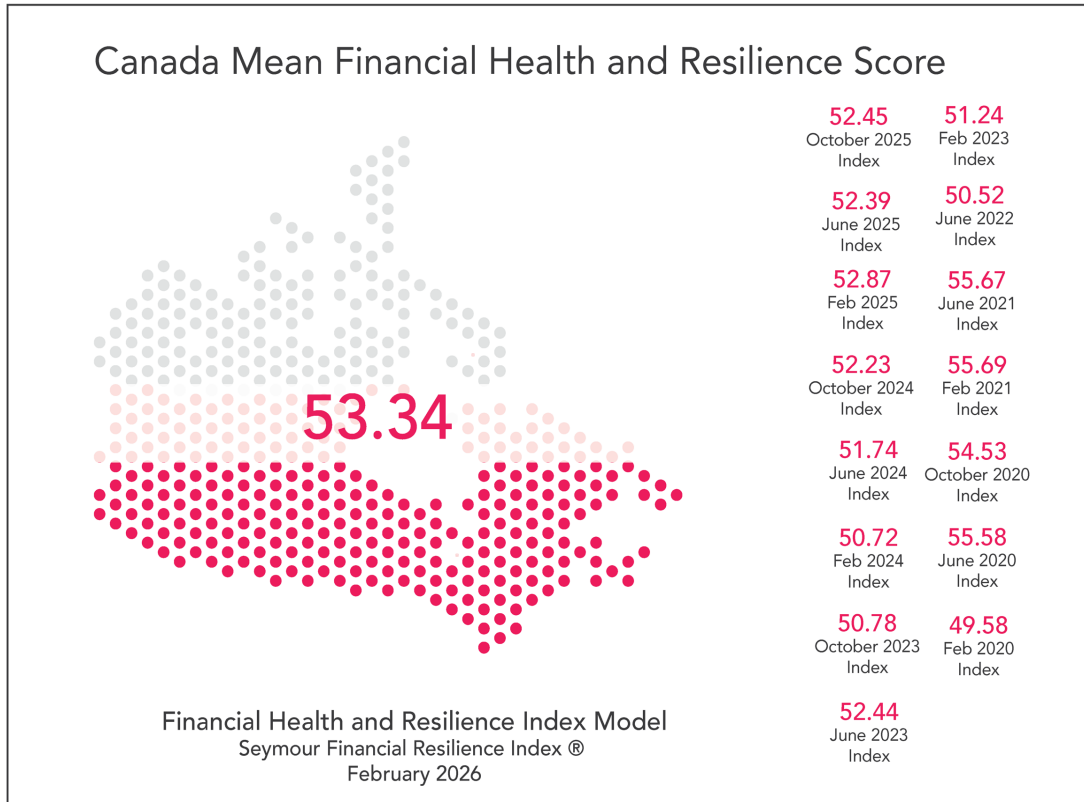
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Financial vulnerability spans all household income demographics, with 74% of the population experiencing financial vulnerability and peoples' financial resilience changing over time as a result of their financial behaviours, interventions, access to relevant financial products, solutions and more

Canada Mean Financial Health and Resilience Score as of February 2026:
Seymour Financial Resilience Index ®

Proportion of households distributed across the financial resilience segments:
February 2026



Source: Financial Resilience Institute , Financial Health and Resilience Index Model, Seymour Financial Resilience Index ® (February 2020 to February 2026)

The Institute's reports are available at at: <https://www.finresilienceinstitute.org/index-releases-and-reports/>

[1] The sample size for the February 2026 Financial Well-Being Study is 5429 survey respondents with 4655 scored through the Index (MOE: 1.33%, Confidence Interval 95%).

[2] Extremely Vulnerable' households have a financial resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

[3] Population estimates are based on a population of 24.96 million Canadians aged 18 years old to 70 years old as of July 2021 (Source: Statistics Canada, 2021 Census; catalogue no. 98-316-X2021001, released November 15, 2023).

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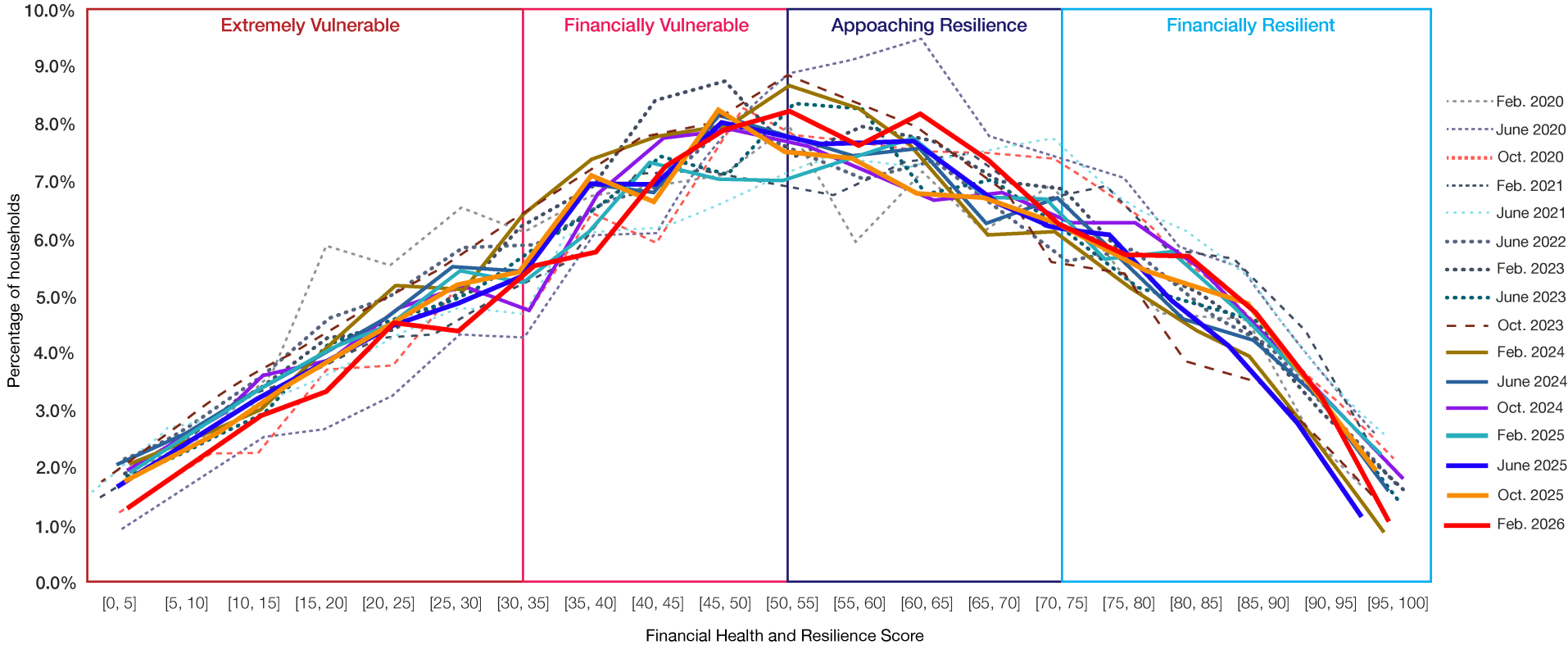
The Financial Health and Resilience Index data highlights that there has not been significant improvements or changes for Canadians at the national level



Financial Health and Resilience Index Model Distribution: from February 2020 to February 2026

Canada Mean Financial Health and Resilience Score: 53.34

Financial Health and Resilience Index Model
Seymour Financial Resilience Index ©
February 2026



Source: Financial Resilience Institute , Financial Health and Resilience Index Model, Seymour Financial Resilience Index © (February 2020 to February 2026).
 [1] The sample size for the February 2026 Financial Well-Being Study is 5429 survey respondents with 4655 scored through the Index (MOE: 1.33%, Confidence Interval 95%).
 Data is weighted to be representative of Canadian population based on household income, gender, age and province.
 'Extremely Vulnerable' households have a financial resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.
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Robust Sample Sizes for the February 2026 Report based on multiple time series

This study has a highly robust sample size of over 5400 adult Canadians of which under 1800 adults report they are working with a financial planner.



February 2026 represents the Institute’s sixteenth Index release, based on the national Financial Well-Being Study, conducted with a sample size of 5429 adult Canadians from a representative sample of the population. This includes a sample size of **1793** households that report they are currently working with a financial planner.

In February 2026, survey respondents were asked if their household is working with a financial planner to help them plan ahead financially, with the Financial Resilience Institute conducting all analytics against its Financial Health and Resilience Index model ^[1,2].

Sample size of Canadians overall and households that report they are currently working with a financial planner	Total Sample Size	Survey Respondents scored through the Financial Health and Resilience Index Model ^[1]	Margin of Error (MOE)
Overall Canadians	5429	4655	1.4%
Households working with a financial planner overall	1793	1539	2.3%
Households working with a financial planner in Quebec	361	307	5.4%
Households working with a financial planner (rest of Canada)	1432	1232	2.6%

[1] This question is closely comparable to the one asked in February 2023: “Are you working with a financial planner to help you plan ahead financially?” In 2023, the Institute also invested in a boosted sample of Canadians working with a financial planner. No boosted sample was used in February 2026; however, because the wording was broadened to refer to “your household,” the study still yielded a highly robust analytic base of 1793 households working with a financial planner. The data is comparable between February 2023 and February 2026 and validates the same story that individuals and households working with a financial planner have improved financial resilience outcomes across every household income demographic.

[2] The Financial Well-Being studies data is based on online survey data with survey respondent recruitment through the Angus Reid Forum, Canada’s most engaged and respected online panel. There is a representative sample of the population by household income, age, province and gender. The total sample includes 1148 households from Quebec.

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Context and Objectives of the Institute's 2026 Study

Context

- The Institute's peer-reviewed Financial Health and Resilience Index model measures household financial resilience, defined as a household's ability to get through financial hardship, stressors and shocks as a result of unplanned life events.
- The financial resilience of Canadians is measured at the national, provincial, segment and individual household level across nine behavioural, sentiment and resilience indicators, with tracking three times a year since February 2023 and tracking building on the Index baseline since February 2020 (pre-pandemic).
- Our independent reports published since 2017 confirm that financial vulnerability is a mainstream issue, spanning all household income demographics. Having a high salary does not translate to high financial resilience. This report complements the 'Financial Planning as a Pathway to Financial Resilience' Report published in July 2023.

Study Objective

- The key objective of the February 2026 Study, leveraging primarily the Institute's Financial Health and Resilience Index model and February 2026 Financial Well-Being studies was to validate again whether there is an association between Canadian households working with a financial planner and improved financial resilience outcomes, across all household income demographics.

As a value add, Financial Resilience Institute used its open-source subjective Financial Well-Being Index Model linked to an overall personal well-being score, launched in 2025, to measure the Mean Financial Well-being Score and Overall Personal Well-being Score of households overall and living with low incomes working with a financial planner compared to those not doing so [1].



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index ®

[1] T-test analysis is a statistical method to determine if there is a statistical difference between the means of two groups of data. This analysis was conducted to exclude any effect of household income as a variable on household financial resilience.

[2] See slides 40 to 42 with analytics based on our non-profits Financial Well-Being Index Model and Toolkit, made available as an open-source instrument, with more information and the Toolkit and User Guide available here: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit/>

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2

The financial resilience of households planning ahead financially and working with a financial planner

Based on the February 2026 **Financial Health and Resilience Index Model**



Financial Resilience Institute strengthens the case for Financial Planning as a Pathway to Improved Financial Resilience Outcomes

There is a clear association between households working with a financial planner and improved household financial resilience outcomes across every household income demographic, based on the Institute's February 2026 Financial Health and Resilience Index Model and trended data. Households that report planning ahead financially as a behaviour, and/or that report they have created or updated their financial plan over the past 12 months also have improved financial resilience outcomes. Additionally, people working with a financial planner have higher levels of financial well-being and overall personal well-being.



Planning ahead financially measurably contributes to improved household financial resilience



There is a clear association between working with a financial planner and improved financial resilience outcomes



Low income households working with a financial planner are more financially resilient



Creating and updating a financial plan over the past 12 months has a positive impact on households' financial resilience



Households working with a financial planner have higher levels of financial well-being and overall personal well-being

1

Planning ahead financially for upcoming and unexpected expenses or to save for long-term goals measurably contributes to households' financial resilience

Planning ahead financially for upcoming or unexpected expenses or to save for long-term goals as a financial behaviour measurably contributes to households' financial resilience, based on the Institute's peer-reviewed Financial Health and Resilience Index model. This builds on our analytics of the peer-reviewed Financial Health and Resilience Index model over several years, with this a key index indicator.

While the Canada Mean Financial Health and Resilience Score, measuring households' financial health and resilience at the national level, is 53.34 as of February 2026, households that report they are planning ahead financially have significantly improved financial resilience outcomes compared to households that are not planning ahead financially. As of February 2026, 52% of households that report they are planning ahead financially for upcoming or unexpected expenses or to save for their long-term goals. These same households are 'Approaching Resilience' and have a Mean Financial Resilience Score of 65.9 as of February 2026, with this more than double the Mean Financial Resilience Score of households that report they are not planning ahead financially (31.9). The delta between the two segments is a highly significant 34 Index points based on the February 2026 Financial Health and Resilience Index model.

2

Working with a financial planner contributes to improved financial resilience outcomes across all household income demographics

There is a clear association between households working with a financial planner and improved financial resilience outcomes for Canadians across all household income demographics, based on the February 2026 Index analytics [1]. This builds on the Institute's independent, robust February 2023 Index analytics '*Financial Planner as a Pathway to Improved Financial Resilience*' Report, published in July 2023 and made possible thanks to the support of FP Canada and IQPF.

The delta between the Mean Financial Resilience Score for households working with a financial planner compared to not working with one has increased from 11.5 Index points in February 2023 to 13.3 Index points in February 2026. Households working with a financial planner score higher across seven of the nine Index indicators. The liquid savings buffer indicator; the level of confidence in one's ability to meet their short terms savings goals indicator and the financial stress over current and future financial obligations indicator are also higher for households working with a financial planner in February 2026 compared to three years ago.

Source: Financial Resilience Institute, 'Financial Planning: A Catalyst to Improved Financial Resilience and Financial Well-Being' (June 2026).
February 2023 and February 2026 Financial Health and Resilience Index Model and June 2017 to February 2026 Financial Well-Being Studies, Seymour Financial Resilience Index ©
February 2026 Financial Well-Being Index Model and Toolkit and Financial Well-Being Studies, Seymour Financial Resilience Index ©

[1] T-test analysis is a statistical method to determine if there is a statistical difference between the means of two groups of data. This analysis was conducted to exclude any effect of household income as a variable on household financial resilience.
'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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3

Households living with low-incomes working with a financial planner have improved financial resilience outcomes: with this even more the case compared to three years ago

Households with a total household income under \$49,999 and working with a financial planner have a Mean Financial Resilience Score of 53.0 as of February 2026 compared to 38.8 for households of a similar income not working with a financial planner. The delta between the Mean Financial Resilience Score of Canadians living with low incomes that are working with a financial planner and those with low incomes that not working with a financial planner has increased in the past three years from 9.7 Index points to 14.2 Index points [1].

This data indicates that there may potentially be a greater benefit or 'lift' for Canadians' financial resilience for people living with low incomes compared to previously, that may potentially receive support in accessing support from a financial planner in some way. This could be provided through, for example, a tax credit for affordable financial planning support or through other enablers or supports [2].

4

Not only working with a financial planner, but creating and adjusting a financial plan over the past twelve months contributes to improved household financial resilience outcomes

Households that are not only working with a financial planner, but that have also created or updated their financial plan over the past 12 months have improved financial resilience outcomes compared to those working with a financial planner. This builds on similar analytics conducted by the Institute in our 'Financial Planning as a Pathway' report.

While the Mean Financial Resilience Score of households working with a financial planner is 62.5 as of February 2026, households working with a financial planner that have also updated their financial plan in the past 12 months have a Mean Financial Resilience Score of 64.7. This is 8 Index points higher than those with those working with a financial planner that have not created or updated their financial plan as of February 2026 (56.7).

The Institute's Index analytics validate that helping Canadians overall to create and update even a simple financial plan is positive in terms of helping to drive positive financial resilience outcomes.

Source: Financial Resilience Institute, 'Financial Planning: A Catalyst to Improved Financial Resilience and Financial Well-Being' (June 2026).
February 2023 and February 2026 Financial Health and Resilience Index Model and June 2017 to February 2026 Financial Well-Being Studies, Seymour Financial Resilience Index ®
February 2026 Financial Well-Being Index Model and Toolkit and Financial Well-Being Studies, Seymour Financial Resilience Index ®

[1] Low-income households include those with reported household incomes under \$49,000. This includes single person households with household income between \$25,000 and \$49,999 for the purposes of this analysis, with Index analytics comparable to February 2023. 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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5

Households working with a financial planner have higher levels of financial well-being and overall personal well-being

Based on the Institute's Financial Well-Being Index Model and Toolkit

Households overall working with a financial planner have higher levels of financial well-being and overall personal well-being. This is based on the Institute's open-source, subjective Financial Well-Being Index Model and Toolkit, linked to an Overall Personal Well-Being Score, with this released in the fall of 2025 for financial well-being focused organizations and leaders in Canada and globally [1, 2].

Additionally, Canadian households that report they have created or updated their financial plan over the past 12 months also report slightly higher levels of financial well-being and overall personal well-being compared to those who have not done this.



Source: Financial Resilience Institute, February 2026 Financial Well-Being Index Model and Toolkit, Seymour Financial Resilience Index ®

[1] See slides 44 to 45 for analytics based on our non-profits Financial Well-Being Index Model and Toolkit, made available as an open-source instrument, with more information and the Toolkit and User Guide available in the appendices and here: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit/>. Note, this instrument is not designed to be a sophisticated impact measurement instrument like the Financial Health and Resilience Index Model. However, it does provide scoring of Canadians' financial well-being and overall well-being based on mean financial well-being scores and personal well-being scores and builds on a robust development methodology process.

[2] Additional financial well-being and overall well-being analytics for Canadians living with low incomes that are working with a financial planner are available in the appendix on page 48.

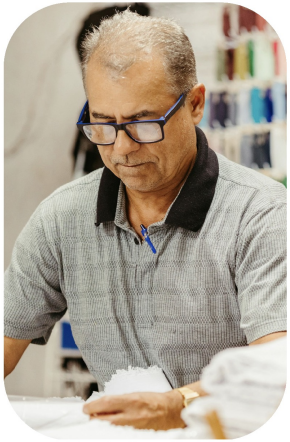
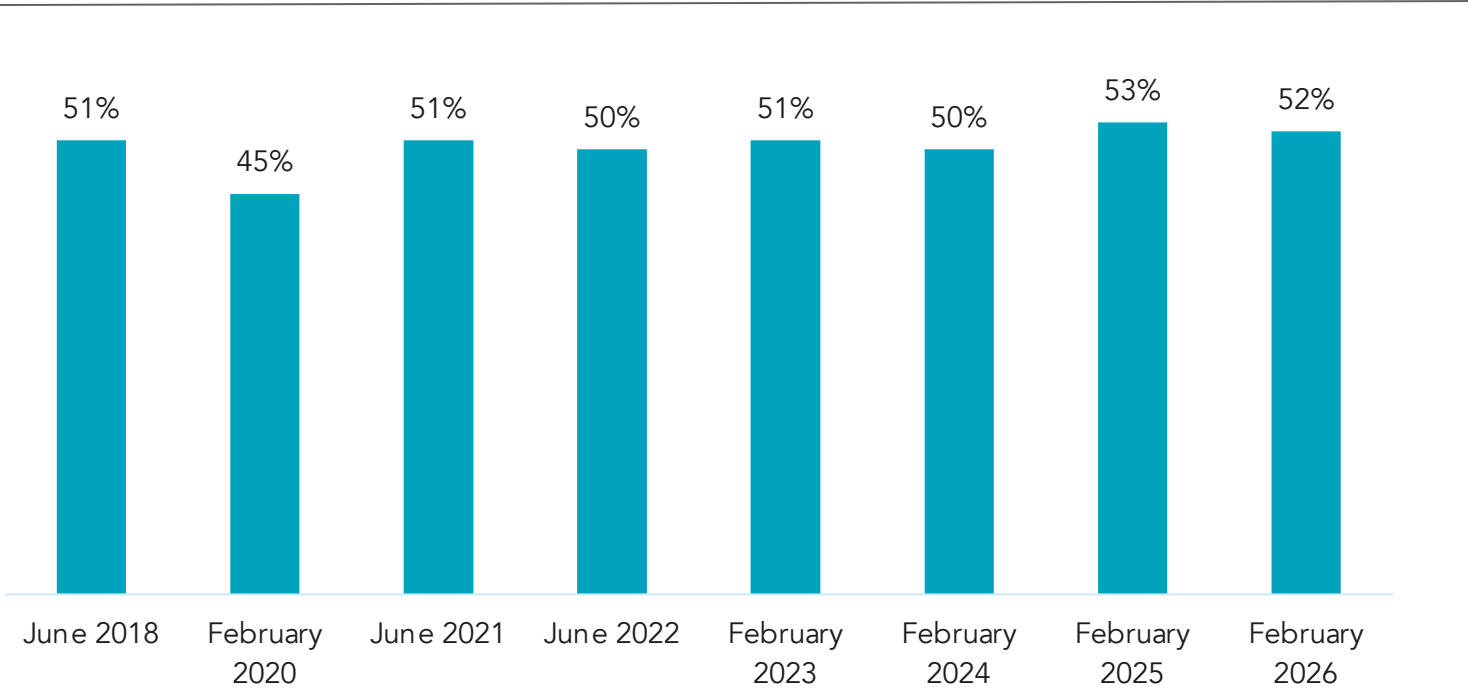
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More than half of Canadians report that they plan ahead financially for upcoming and unexpected expenses or to save for long-term goals as of February 2026: with this behaviour making a measurable contribution to their financial health and resilience

This is a key indicator of the Institute’s Financial Health and Resilience Index Model, with planning ahead financially and related behaviours tracked by the Institute for Canadians overall and key segments of the population since 2017.

Percentage of households that report they are planning ahead financially for upcoming or unexpected expenses or to save for long-term goals June 2018 to February 2026

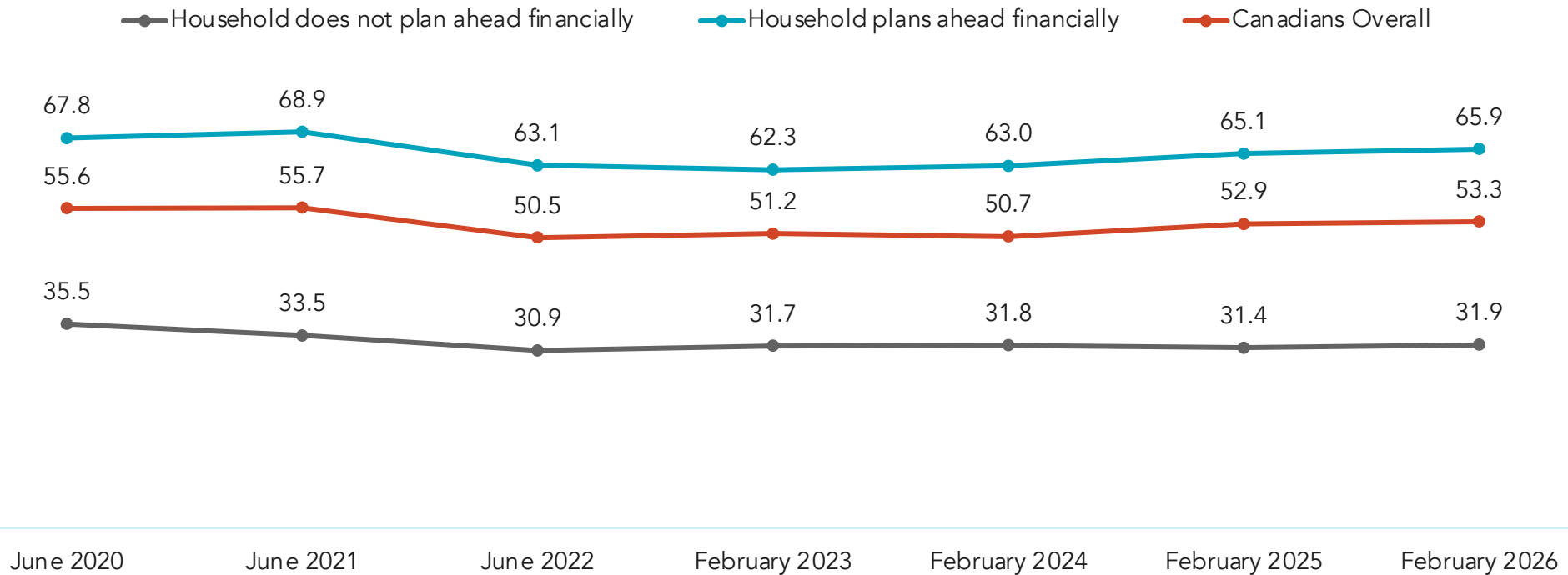


Source: Financial Resilience Institute, June 2018 to February 2026 Financial Well-Being Studies, Seymour Financial Resilience Index © Seymour Financial Resilience Index ® is a registered trademark used under license by FP Canada and the Financial Resilience Society. © 2026 Financial Resilience Society. All rights reserved.

Trended Index data analytics on the Mean Financial Resilience Scores of households planning ahead financially and not planning ahead financially for upcoming and unexpected expenses or to save for long-term goals

Mean Financial Resilience Scores of households that report they are planning ahead financially compared to those that are not planning ahead financially (June 2020 to February 2026)

Source: Financial Resilience Institute, June 2020 to February 2026 Financial Health and Resilience Index Seymour Financial Resilience Index ®



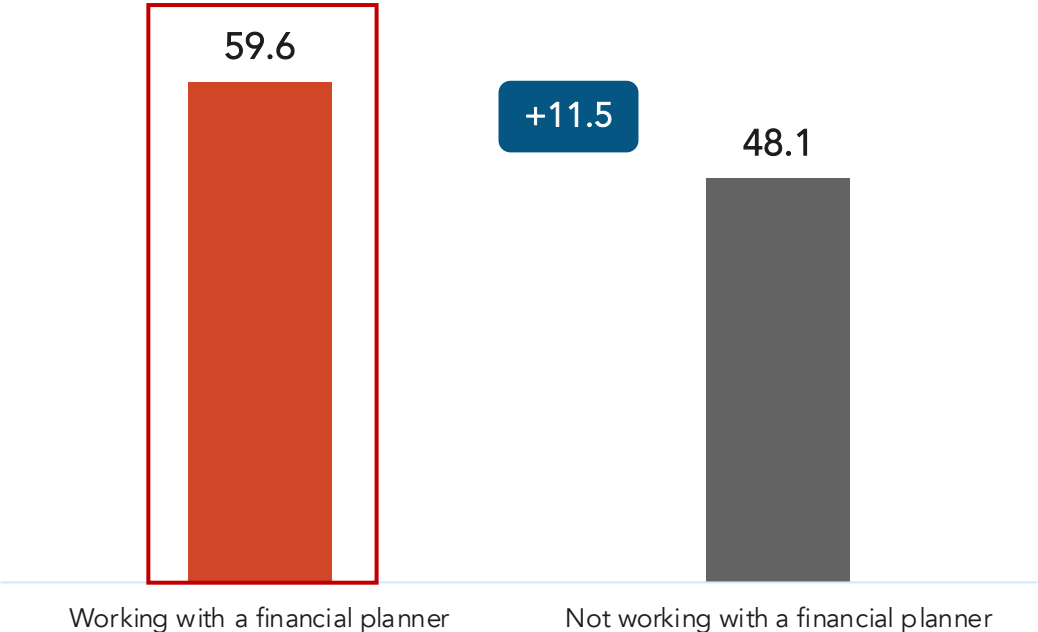
Source: Financial Resilience Institute, June 2020 to February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index ®
 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.
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The improved financial resilience outcomes of individuals and households working with a financial planner was proven by the Institute's leading study in July 2023



The Institute used our robust Financial Health and Resilience Index to provide evidence that households working with a financial planner have a significantly higher Mean Financial Resilience Scores compared to households not working with one as published in our original July 2023 report, used with government for advocacy. The delta between the Mean Financial Resilience Scores for households working with a financial planner compared to not working with one was 11.5 Index points in February 2023.

Mean Financial Resilience Score of households working with a financial planner compared to those not working with a financial planner (February 2023)



T-test analysis proved a significant difference in the Mean Financial Resilience Score of Canadians working with a financial planner and those who are not, regardless of household income. Analytics highlighted there was an association between working with a financial planner and improved household financial resilience [1].

Source: Financial Resilience Institute, February 2023 Financial Health and Resilience Index Model, Seymour Financial Resilience Index ®
Published in 'Financial Planning: A Pathway to Financial Resilience' Report (July 2023) <https://www.finresilienceinstitute.org/wip-financial-planning-report/>

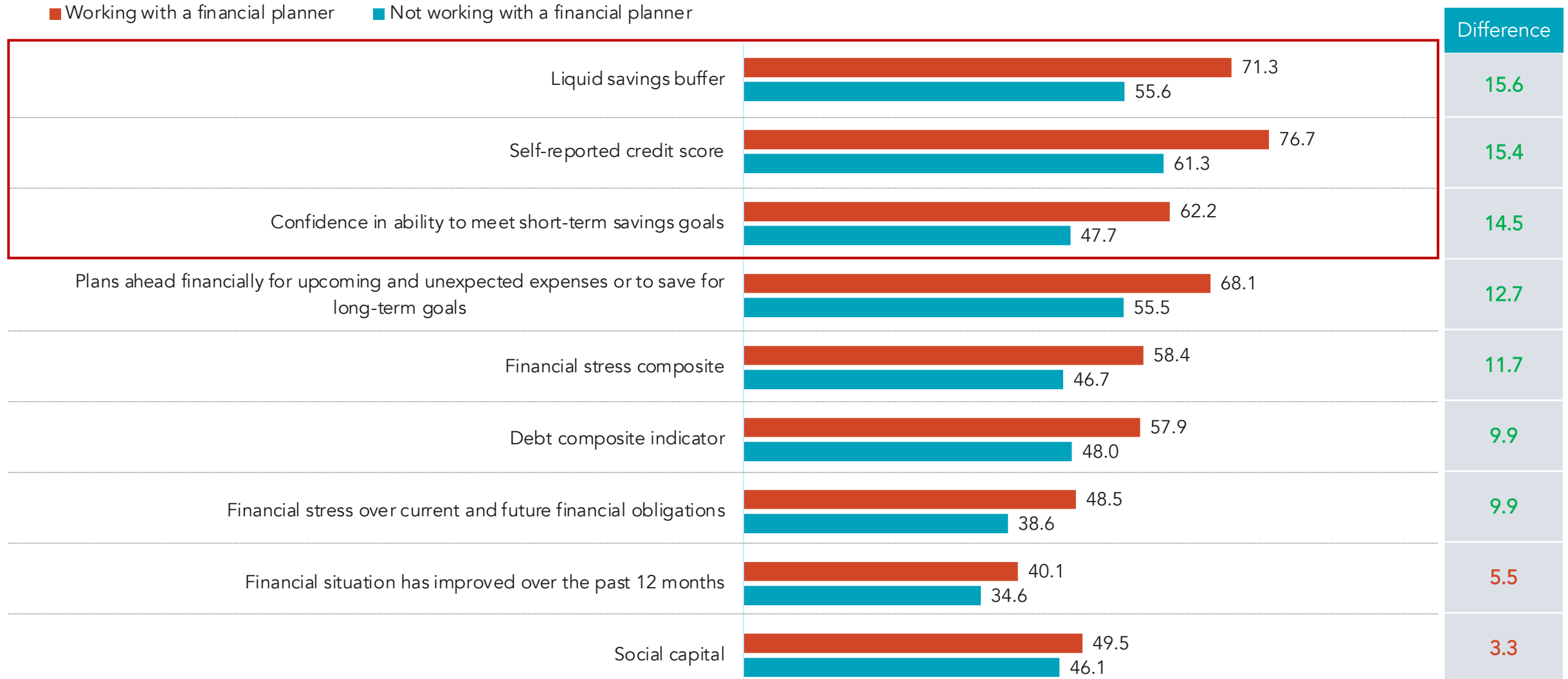
[1] T-test analysis is a statistical method to determine if there is a statistical difference between the means of two groups of data. This analysis was conducted to exclude any effect of household income as a variable on household financial resilience. 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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Households working with a financial planner scored higher across seven of nine Financial Health and Resilience Index Model indicators: as published in our July 2023 report

Index Indicator Scores of the Institute's proprietary Financial Health and Resilience Index Model for households that report working with a financial planner compared to those that report they are not working with a financial planner
(Source: Financial Resilience Institute, February 2023)



Source: Financial Resilience Institute, February 2023 Financial Health and Resilience Index Model, Seymour Financial Resilience Index®
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As published in 2023, we provided evidence that regardless of household income, households that work with a financial planner are more financially resilient ^[1]



For example, households with a total reported income of \$49,999 or less working with a financial planner have a mean financial resilience score of 50.16 as of February 2023, with these households 'Approaching Resilience'. This compares to a score of 40.46 for their counterparts not working with a financial planner, with these households 'Financially Vulnerable' ^[1,2].

Mean Financial Resilience Score of households working with a financial planner for different household income demographics compared to those not
 Source: Financial Resilience Institute, February 2023 Financial Health and Resilience Index, Seymour Financial Resilience Index [®]



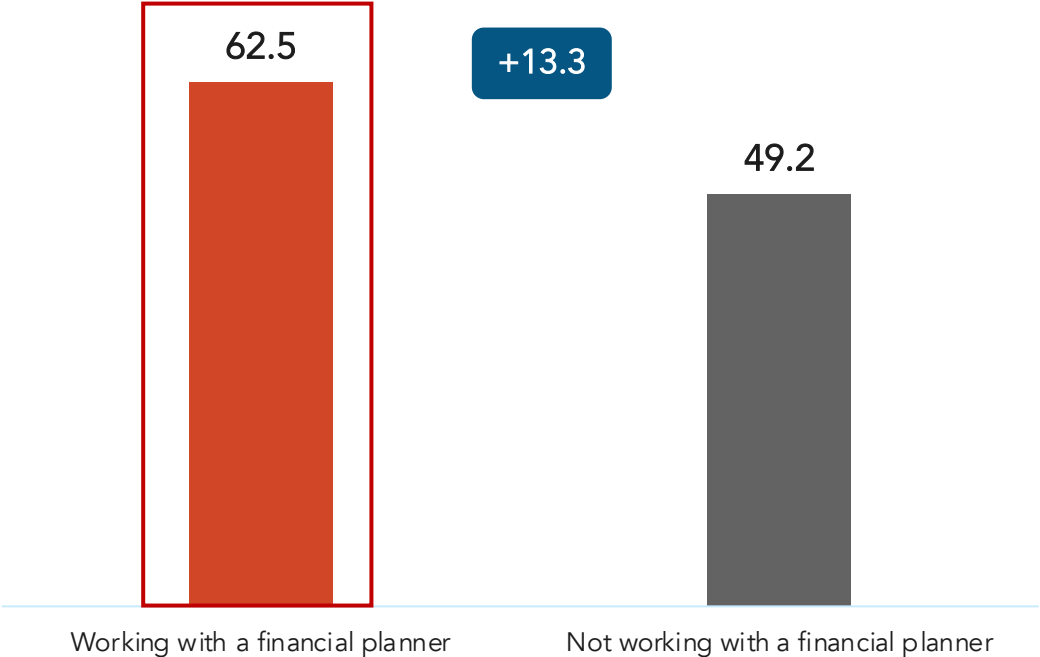
Source: Financial Resilience Institute, February 2023 Financial Health and Resilience Index Model, Seymour Financial Resilience Index [®]
 [1] See the Summary and Detailed 'Financial Planning as a Pathway to Improved Financial Resilience Reports', available at: <https://www.finresilienceminstitute.org/wip-financial-planning-report/>
 [2] Low-income households include those with reported household incomes under \$49,000. This includes single person households with household income between \$25,000 and \$49,999 for the purposes of this analysis, with Index analytics comparable to February 2023. 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.
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February 2026 Financial Health and Resilience Index Model analytics validate that households overall working with a financial planner have improved financial resilience outcomes: with the delta even higher than three years ago



The delta between the mean financial resilience score for households working with a financial planner compared to those that report they are not working with a financial planner has increased from 11.5 Index points in February 2023 to 13.3 Index points in February 2026, based on the Institute’s peer-reviewed Financial Health and Resilience Index Model.

Mean Financial Resilience Score of households working with a financial planner compared to those not working with a financial planner (February 2026)

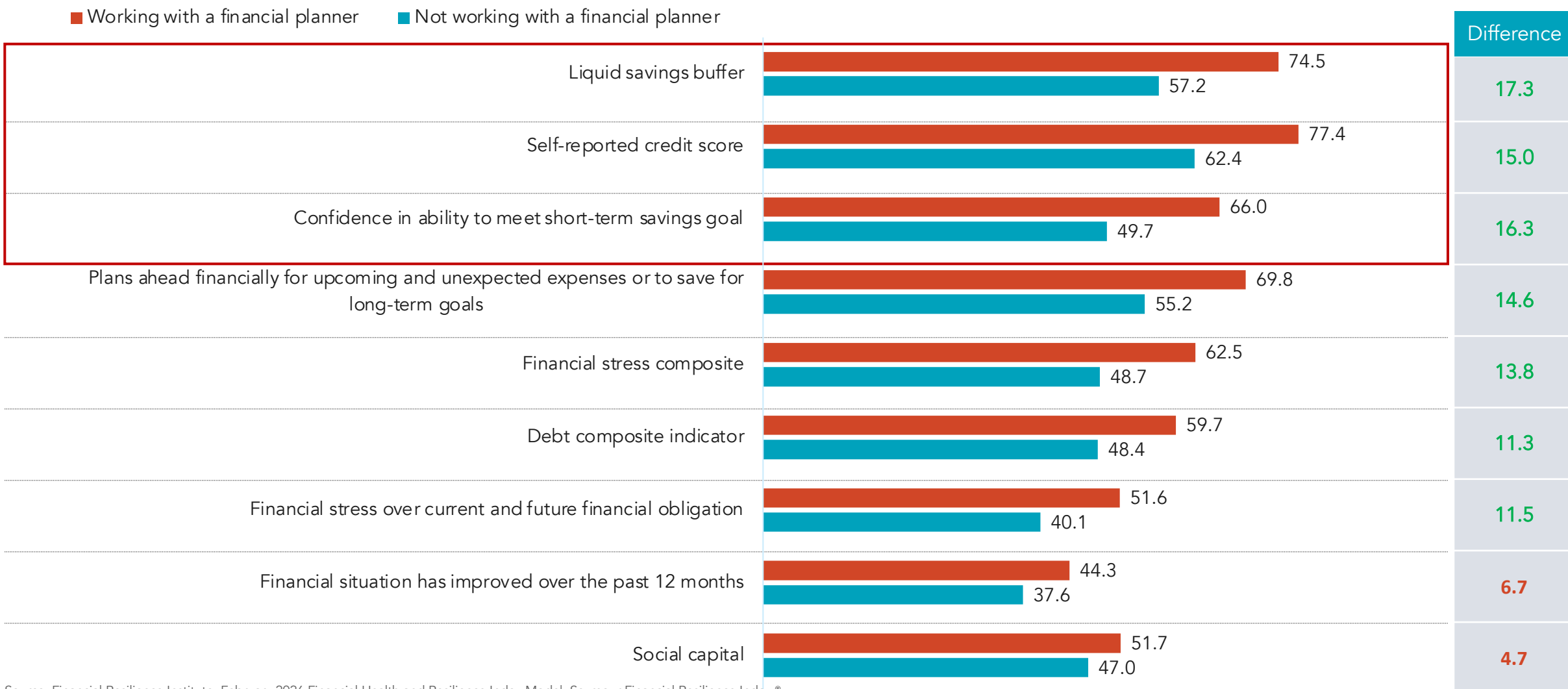


T-test analysis conducted by the Institute once again proved a significant difference in the mean financial resilience score of Canadians working with a financial planner and those who are not, regardless of household income [1].

Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index®
[1] T-test analysis is a statistical method to determine if there is a statistical difference between the means of two groups of data. This analysis was conducted to exclude any effect of household income as a variable on household financial resilience.
‘Extremely Vulnerable’ households have a financial health and resilience score of 0 to 30; ‘Financially Vulnerable’ a score of 30.01 to 50; ‘Approaching Resilience’ a score of 50.01 to 70, and ‘Financially Resilient’ a score of 70.01 to 100.
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In February 2026, the Institute's Index analytics validate that households working with a financial planner score higher across seven of our Index indicators once again

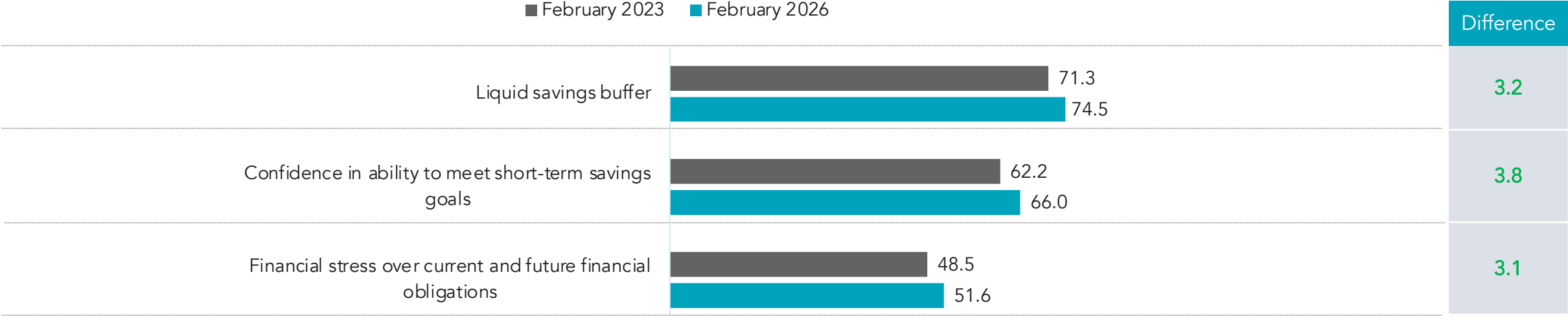
Index Indicator Scores of the Institute's proprietary Financial Health and Resilience Index Model for households that report working with a financial planner compared to those that report they are not working with a financial planner (Source: Financial Resilience Institute, February 2026)



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index®
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In addition, households working with a financial planner score higher for three important Index indicators related to savings, confidence in meeting savings goals and financial stress over current and future financial obligations as of February 2026

The liquid savings buffer indicator, the level of confidence in one’s ability to meet their short terms savings goals indicator and the financial stress over current and future financial obligations indicator are higher for households working with a financial planner in February 2026 compared to three years ago based on the Institute’s Financial Health and Resilience Index.



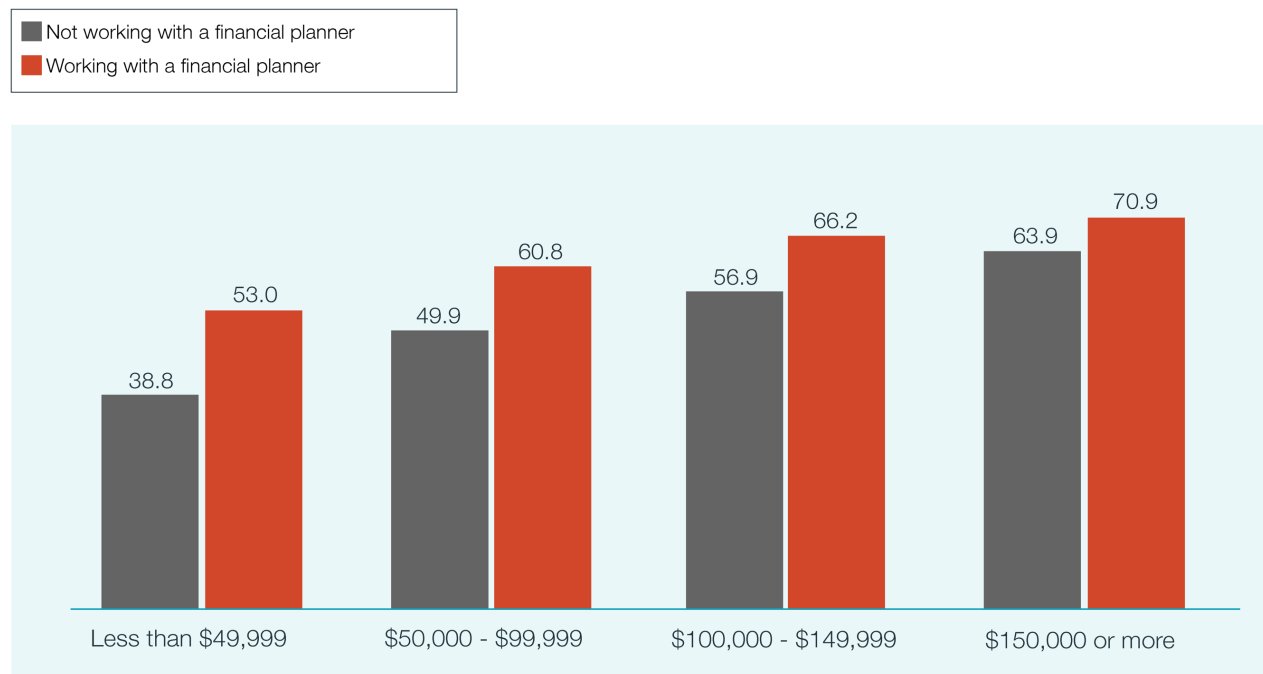
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The Institute's February 2026 Index analytics validates once again the importance of financial planning, coaching and support for Canadians, along with them exhibiting healthy financial behaviours such as planning ahead financially

Among households with a total household income under \$49,999, those working with a financial planner have improved financial resilience outcomes in February 2026 compared to households of a similar income not working with one: a good news story [1,2].

Mean financial resilience scores of households working with a financial planner for different household income demographics compared to those not
 Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index, Seymour Financial Resilience Index ®

Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index
 Seymour Financial Resilience Index ®



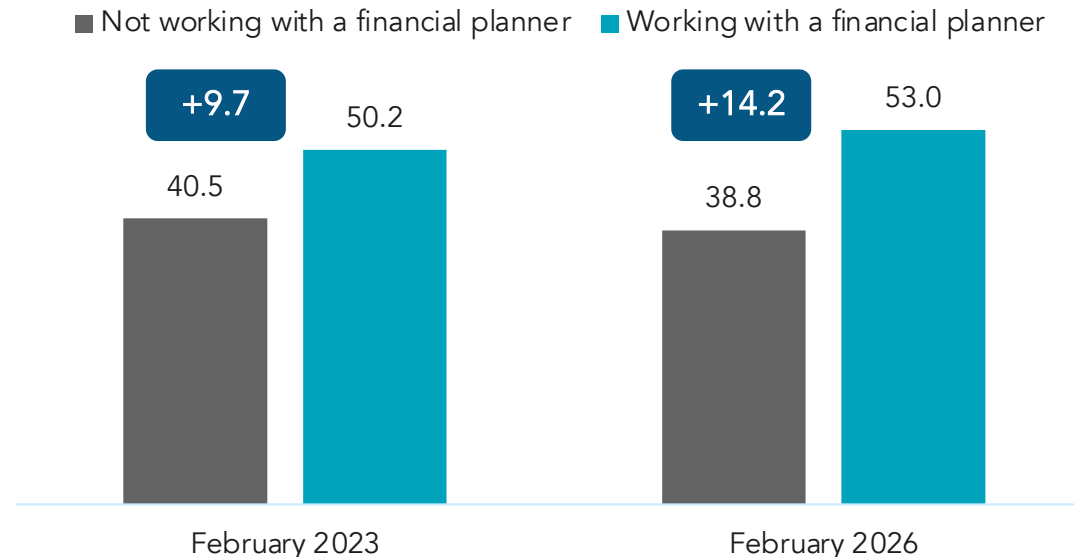
Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index ®
 [1] Low-income households include those with reported household incomes under \$49,000. This includes single person households with household income between \$25,000 and \$49,999 for the purposes of this analysis, with Index analytics comparable to February 2023.
 [2] For households with reported total household income under \$49,999, the mean financial health resilience score among those working with a financial planner increased from 50.16 February 2023 to 53.0 in February 2026. Concurrently, the mean financial resilience score of households with a while the score for those not working with a financial planner decreased from 40.46 in February 2023 to 38.8 in February 2026. The delta between the two groups, signalling the improved financial health and resilience contribution of working with a financial planner widened from 9.7 points in 2023 to 14.2 points in 2026.
 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.
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The delta has increased for Canadians living with low incomes between February 2023 and 2026: highlighting that working with a financial planner for these households may help contribute to improved financial resilience outcomes compared to three years ago

For individuals and households with reported total household income under \$49,999, the mean financial resilience score for those working with a financial planner increased from 50.2 in February 2023 to 53.0 in February 2026. Concurrently, the mean financial resilience score of the same low-income households not working with a financial planner decreased from 40.5 in February 2023 to 38.8 in February 2026. This signals that the financial resilience contribution of working with a financial planner widened from 9.7 Index points in February 2023 to 14.2 Index points in February 2026. The Institute's Index analytics validate that working with a financial planner may be even more valuable for low-income households currently compared to three years ago, with implications for the power of the tax credit for these households in particular.

Increase in the delta between the Mean Financial Resilience Scores of households working with a financial planner compared to those not working with one between February 2023 and February 2026 for households living with lower incomes under \$49,999

Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index[®]



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index[®]

[1] Low-income households include those with reported household incomes under \$49,000. This includes single person households with household income between \$25,000 and \$49,999 for the purposes of this analysis, with Index analytics comparable to February 2023. 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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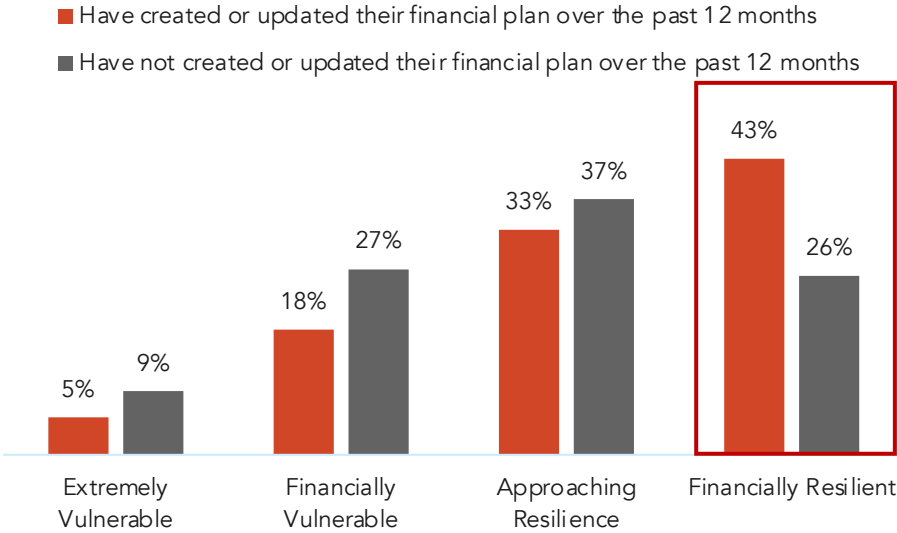
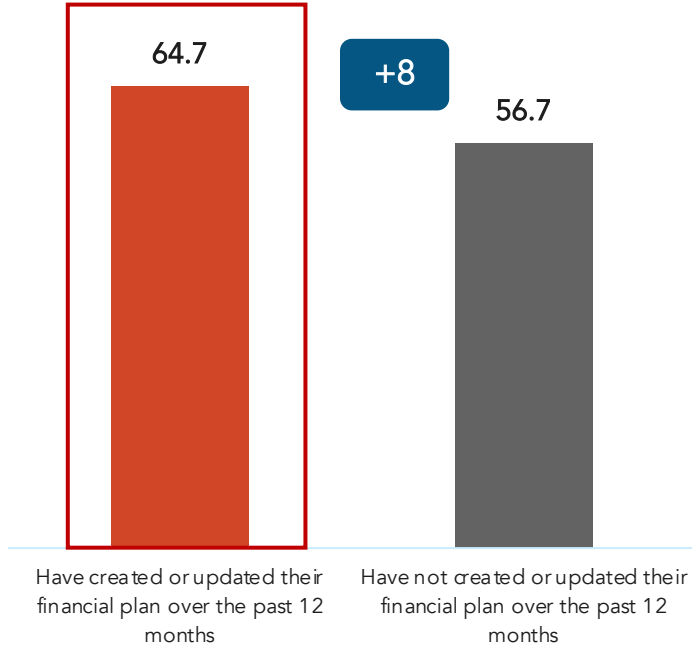
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Households that are not only working with a financial planner, but that have also created or updated their financial plan over the past year are even more financially resilient

While the mean financial resilience score of households working with a financial planner overall is 62.5 as of February 2026, these same households working with a financial planner that report they have also updated their financial plan over the past 12 months have a mean financial resilience score of 64.7 as of February 2026, with 43% of these households 'Financially Resilient'. This is 8 Index points higher than people working with a financial planner that do not report they have created or updated their financial plan, with 26% of these same households 'Financially Resilient' in comparison. This builds on similar analytics in July 2023.

Mean Financial Resilience Score of households working with a financial planner that have created or updated their financial plan over the past 12 months compared to those that have not done this (February 2026)

Distribution of households across the four financial resilience segments for households working with a financial planner that have and have not created or updated their financial plan over the past 12 months (February 2026)



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index® 'Extremely Vulnerable' households have a financial health and resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100. Seymour Financial Resilience Index® is a registered trademark used under license by FP Canada and the Financial Resilience Society. © 2026 Financial Resilience Society. All rights reserved.

3

The financial well-being and overall personal well-being of households working with a financial planner

Based on the **Financial Well-Being Index** Model linked to an Overall Personal Well-Being Score



Since publishing our 'Financial Planning as a Pathway' Report, the Institute has released our robust, free open-source Financial Well-Being Index Model and Toolkit, optionally complemented by an Overall Personal Well-Being Score

Seymour Financial Resilience Index ®

The subjective Financial Well-Being Index Model and Toolkit measures and tracks consumer financial well-being for individuals or households at the national, regional, segment and individual household level for Canadians and global citizens. Our non-profit has utilized this Index model to also explore if households working with a financial planner, and/or that have created or updated their financial plan report higher levels of financial well-being (in addition to financial resilience) and overall personal well-being, as a value-add [1].

The Financial Well-Being Model and Score is based on a linear regression model which Financial Resilience Institute has made available as a free, open-source instrument, with sharing of the indicators and weights.

It was developed over a 10+ year period and has been made available as a free, publicly available instrument by our non-profit Institute since 2024 in line with our vision to improve financial resilience and financial well-being for all.

The Financial Well-Being Score can be measured for citizens at the national (country) level, key provinces or regions, for certain populations and right down to the individual or household level. It is complemented by the User and Technical Guide and simple Individual Financial Well-Being Scoring and Reporting Tool [1].

The Financial Well-being Score is complemented with a person or household's overall Personal Well-Being Score, with this an 'average score' across six well-being dimensions measured by our organization for several years [3].



Source: Financial Resilience Institute, Financial Well-Being Index Model and Financial Well-Being Scoring Tool, Seymour Financial Resilience Index ®. The Financial Well-Being Index Model and Financial Well-Being Tool are copyright © Financial Resilience Society and used under license.

[1] The Financial Well-Being Index Model, A User Guide and Financial Well-Being Scoring Tool have been released as part of the Financial Resilience Resilience Institute free Toolkit license: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit/>

[2] More information on the Financial Well-Being Index Model indicators, scoring model and summary information: <https://www.finresilienceinstitute.org/financial-well-being-model-and-score/>

[3] The linear regression model is a strong model with an R2 of 88.9%. It builds on over ten years of longitudinal national Financial Well-Being Studies data and analytics in Canada. Seymour Financial Resilience Index ® is a registered trademark used under license by FP Canada and the Financial Resilience Society.

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Financial Well-Being Index Model Indicators

Seymour Financial Resilience Index ®

Financial Well-Being

A state of being wherein a person can meet their current and on-going financial obligations, can feel secure in their financial future and is able to make choices that allow them to enjoy life[1]

Overall Personal Well-Being

How people feel and how they function both on a personal and social level, and how they evaluate their lives as a whole[2]

Financial Well-being Score

Weighting

- | | | |
|---|--|-----|
| 1 | Level of Financial Well-Being | 65% |
| 2 | Increased borrowing for everyday expenses | 25% |
| 3 | Household Savings Rate | 10% |
| 4 | Regressed against the dependent variable: one's level of financial stress over on-going and future financial obligations | |

Overall Personal Well-Being Score

Average rating of a person's overall well-being on a scale of 1 to 10 measured across six well-being dimensions:

- 1 Financial well-being
- 2 Emotional well-being/ mental health
- 3 Physical health and well-being
- 4 Satisfaction with work
- 5 Relationships with friends and family
- 6 Feeling connected with your neighbours and community

Source: Financial Resilience Institute, Financial Well-Being Index Model and Financial Well-Being Scoring Tool, Seymour Financial Resilience Index ® .

The Financial Well-Being Index Model and Financial Well-Being Tool are copyright © Financial Resilience Society and used under license.

[1] The definition for 'Financial Well-Being' was developed by CFPB (Consumer Financial Protection Bureau) in the US and was adopted by our organization. The proprietary Financial Well-Being Framework was developed by Seymour Consulting (now Financial Resilience Institute) with this peer-reviewed by many organizations and academics around the world.

[2] Six personal well-being dimensions are measured by Financial Resilience Institute with the Overall Well-Being Score able to complement the Financial Well-Being Model and Score.

[3] Not borrowing to help pay for everyday expenses is validated to be a key indicator of financial well-being as published by Professor Elaine Kempson in her Financial Well-Being Conceptual Model and financial well-being driver analysis (2017).

[4] More information on the Financial Well-Being Index Model indicators, scoring model and summary information: <https://www.finresilienceinstitute.org/financial-well-being-model-and-score/>

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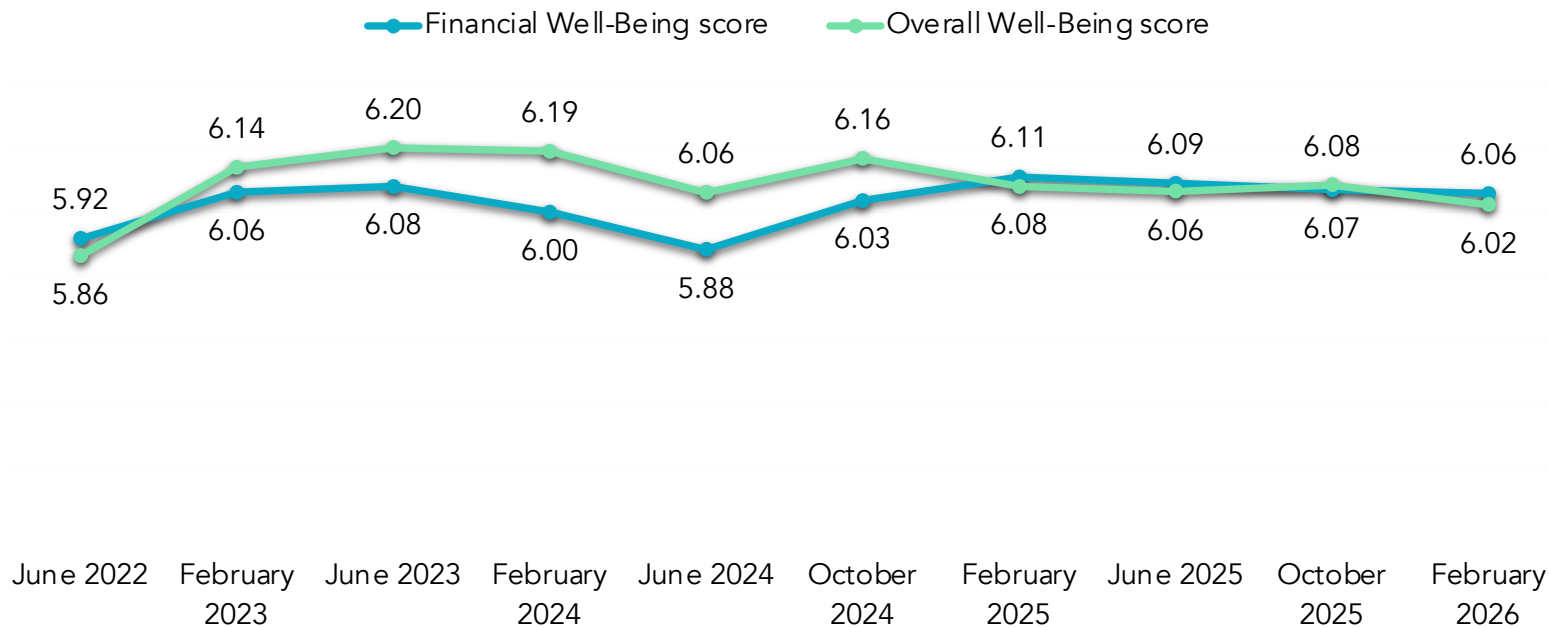
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Households are still ‘Coping’ in terms of their Mean Financial Well-Being Score (6.06) and their Mean Overall Well-Being Score (6.02) as of February 2026

The Canada Mean Financial Well-Being Score for Households is 6.06 as of February 2026 and 6.08 in October 2025, based on the Financial Resilience Index Model. Similarly, the Canada Mean Overall Well-Being Score for Households is 6.02 and 6.07 as of February 2026 and October 2025, respectively.

The Canada Mean Financial Well-Being Score and Overall Well-Being Score as June 2022 to October 2025

Based on the Institute’s Financial Well-Being Index Model



Source: Financial Resilience Institute, Financial Well-Being Index Model and Financial Well-Being Scoring Tool, Seymour Financial Resilience Index ®.

Seymour Financial Resilience Index ®.

[1] The definition for ‘Financial Well-Being’ was developed by CFPB (Consumer Financial Protection Bureau) in the US and was adopted by our organization. The proprietary Financial Well-Being Framework was developed by Seymour Consulting (now Financial Resilience Institute) with this peer-reviewed by many organizations and academics around the world.

[2] Six personal well-being dimensions are measured by Financial Resilience Institute with the Overall Well-Being Score able to complement the Financial Well-Being Model and Score.

[3] More information on the Financial Well-Being Index Model indicators, scoring model and summary information: <https://www.finresilienceinstitute.org/financial-well-being-model-and-score/>

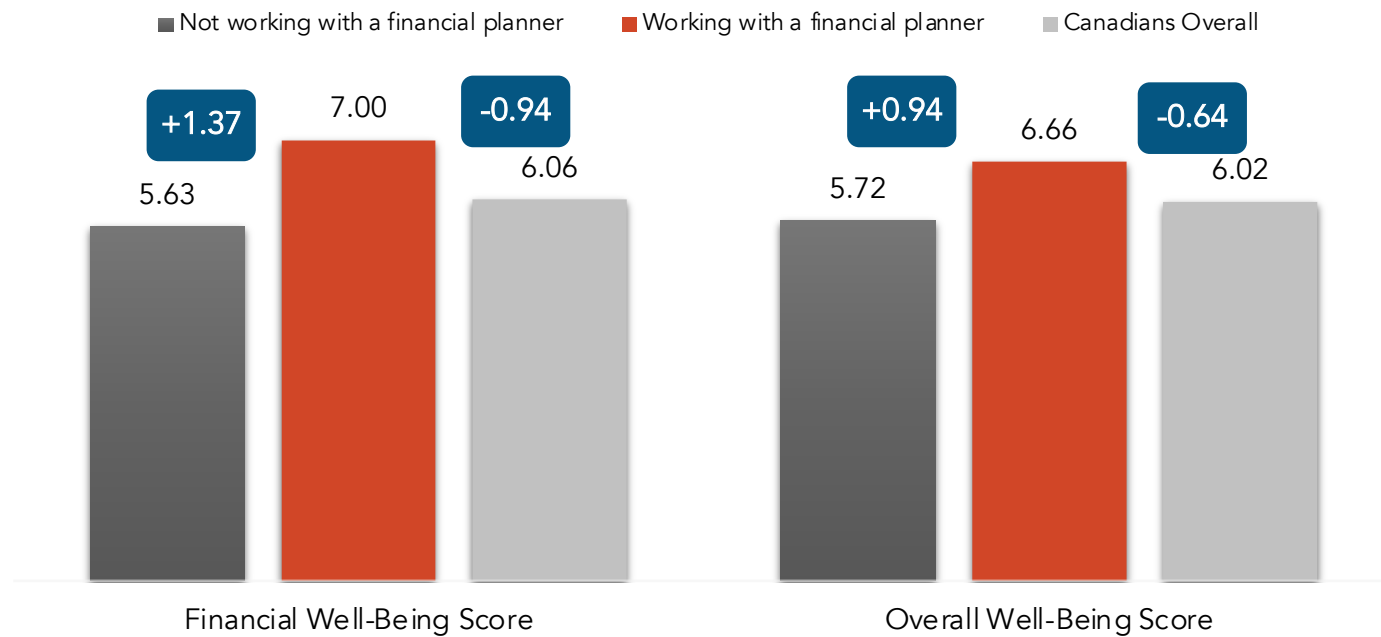
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Households working with a financial planner have both a higher Mean Financial Well-being Score and Overall Personal Well-being Score compared to Canadians overall and those not working with a financial planner ^[1]

Households working with a financial planner have a Mean Financial Well-being Score of 7.00 and an Overall Personal Well-being Scores of 6.66 as of February 2026 based on the open-source Financial Well-Being Index Model and Toolkit compared with scores of 5.63 and 5.72 respectively for households not working with a planner. They also score higher than the Canadian households.

Mean Financial Well-being Score and Overall Personal Well-being Score for households working with a financial planner compared to those not working with a financial planner and Canadians Overall (February 2026)

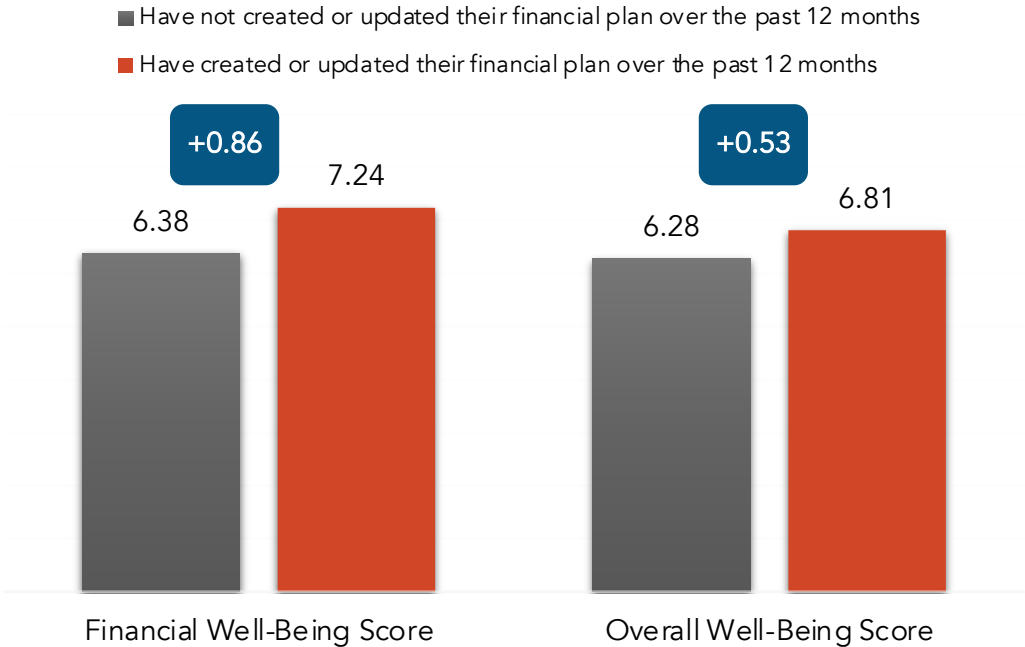


Source: Financial Resilience Institute, February 2026 Financial Well-Being Index Model and Toolkit, Seymour Financial Resilience Index®
 Financial Well-Being and Overall Well-Being Scoring Model: 0 to 3.00 is 'Really Struggling', 3.01 to 5.00 is 'Struggling', 5.01 to 7.00 is 'Coping' and 7.01 to 10.00 is 'Thriving'.
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Households working with a financial planner and that have created or updated their financial plan over the past 12 months have even higher levels of financial well-being and overall personal well-being based on the Index

The Mean Financial Well-being Score and Overall Personal Well-being Score of households working with a financial planner that have also created or updated their financial plan in the past 12 months are statistically significantly higher by 0.86 and 0.53 Index points respectively compared to households working with a financial planner that have not created or updated their financial plan as of February 2026. In other words, creating and updating a financial plan contributes to improved household financial resilience outcomes, and may also support higher levels of financial well-being and overall personal well-being for Canadians.

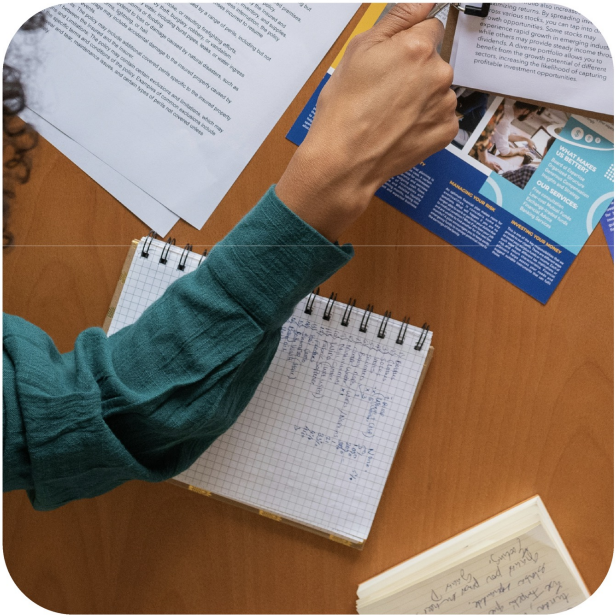
Mean Financial Well-being Score and Overall Personal Well-being Score of households working with a financial planner that have and have not create or updated their financial plan over the past 12 months (February 2026)



Source: Financial Resilience Institute, February 2026 Financial Well-Being Index Model and Toolkit, Seymour Financial Resilience Index®
Financial Well-Being and Overall Well-Being Scoring Model: 0 to 3.00 is 'Really Struggling', 3.01 to 5.00 is 'Struggling', 5.01 to 7.00 is 'Coping' and 7.01 to 10.00 is 'Thriving'.
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Appendices

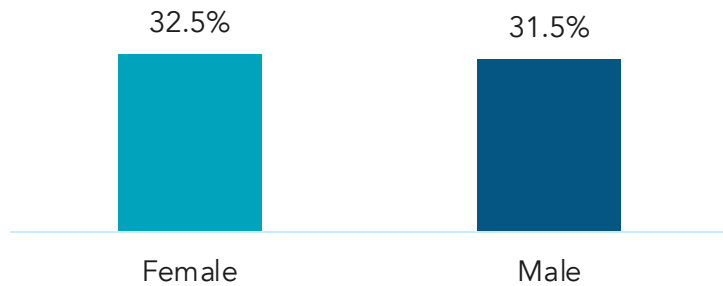


Survey respondent demographics as of February 2026: with at least a quarter of Canadians from all household income demographics report they are working with a financial planner

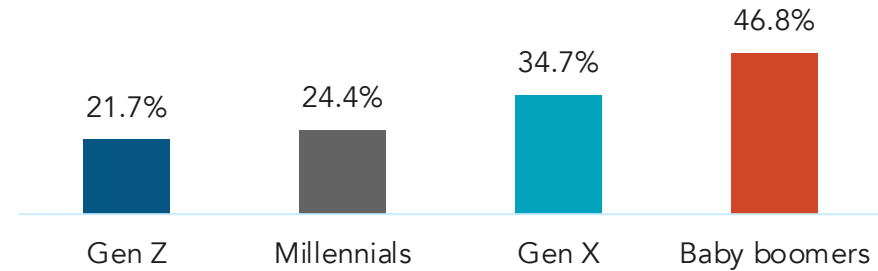
24% of Canadians with a household income of less than \$49,000 report working with a financial planner, compared to almost twice as many households with an income of \$150,000 or more (46%).

One in four Millennials is currently working with a financial planner, compared to more than a third of Gen X households (35%) and 47% of Baby Boomers.

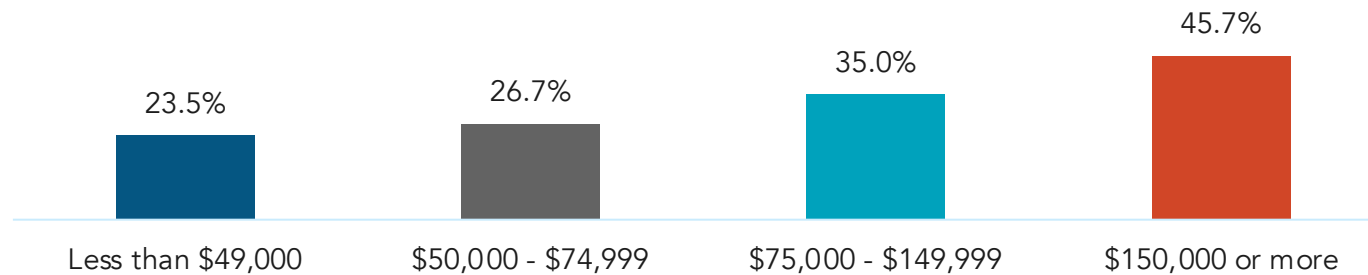
Proportion of households currently working with a financial planner by gender (February 2026)



Proportion of households currently working with a financial planner by life stage (February 2026)



Proportion of households currently working with a financial planner by reported total household income in 2025 (February 2026)

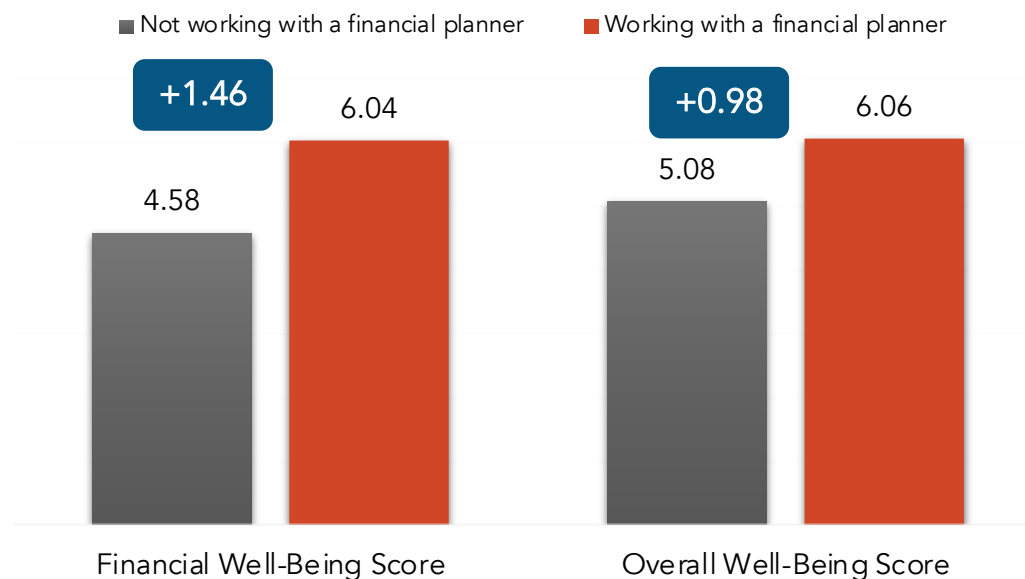


Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model, Seymour Financial Resilience Index®. Seymour Financial Resilience Index® is a registered trademark used under license by FP Canada and the Financial Resilience Society. © 2026 Financial Resilience Society. All Rights Reserved.

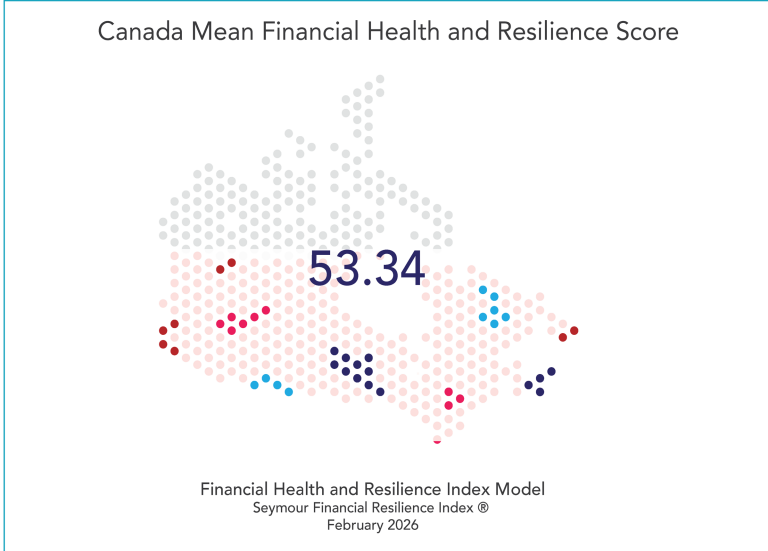
Households living with lower incomes under \$49,999 working with a financial planner also report a higher Mean Financial Well-being Score of 6.04 and Overall Personal Well-Being Score of 6.06 as of February 2026: significantly higher than for low-income households not working a financial planner

The Mean Financial Well-being Score and overall personal well-being score of households with lower incomes under \$49,999 that work with a financial planner are statistically significantly higher by 1.46 Index points for financial well-being and 0.98 Index points for overall personal well-being compared to households living with a low income not working with a financial planner. Canadians living with low incomes that work with a financial planner have higher levels of financial resilience, financial well-being and overall well-being. This analytics provides evidence of the potential positive impact of the refundable tax credit designed to help low and middle-income Canadians to access an affordable first financial plan, along with follow-up support to implement and adjust it.

The Mean Financial Well-Being Score and Overall Well-Being Score of households living with lower incomes under \$49,999 [1] working with a financial planner compared to those not working with one (February 2026)



The Index tracks household financial health and resilience at multiple levels with tracking three times a year between February 2020 and February 2026

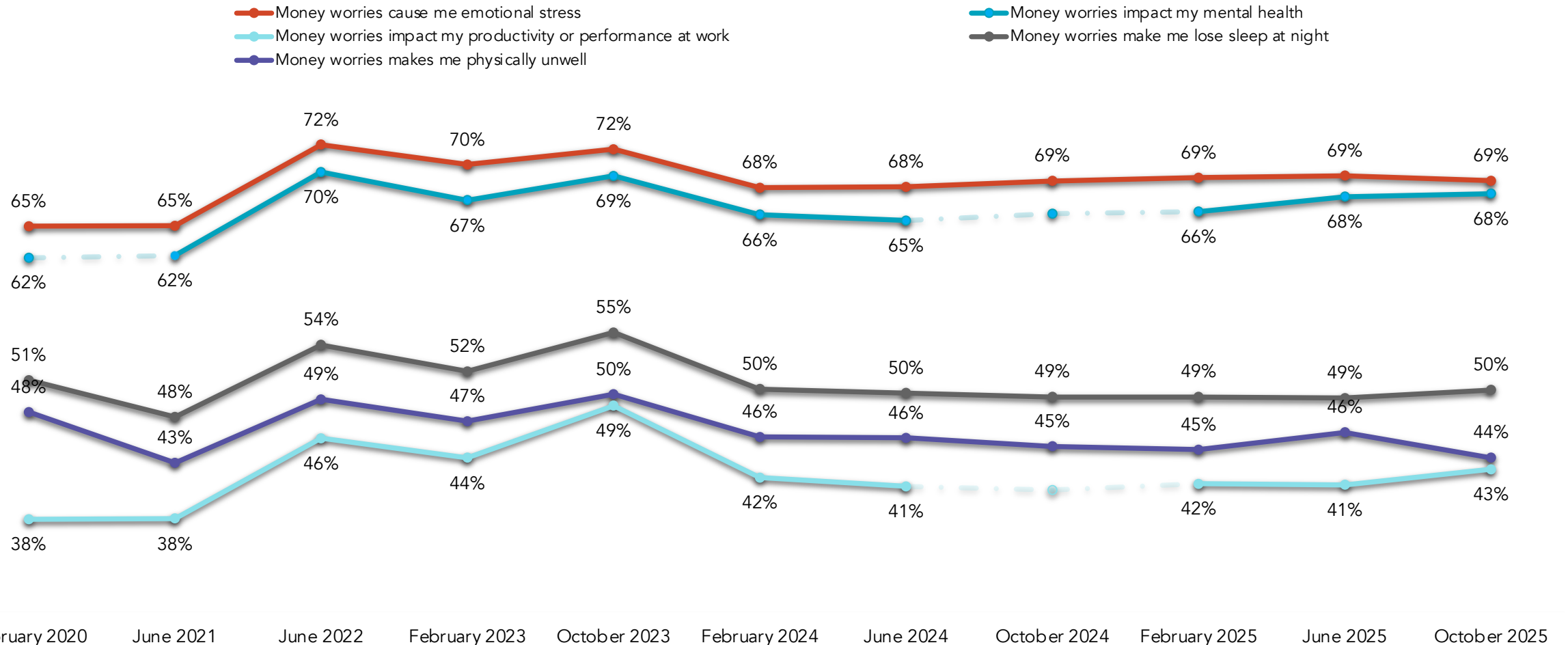


Provincial	Segment	Organization	Individual
			

Source: Financial Resilience Institute, Financial Health and Resilience Index Model and Financial Well-Being Studies, Seymour Financial Resilience Index ®.
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The impacts of financial stress on peoples' physical health, mental health, productivity and engagement at work and more measured since 2020

Financial stress impacts on Households: February 2020 to October 2025



Source: Financial Resilience Institute, February 2020 to October 2025 Financial Health and Resilience Index Model, Seymour Financial Resilience Index®. Seymour Financial Resilience Index® is a trademark used under license by FP Canada and Financial Resilience Society. © 2026 Financial Resilience Society. All rights reserved.

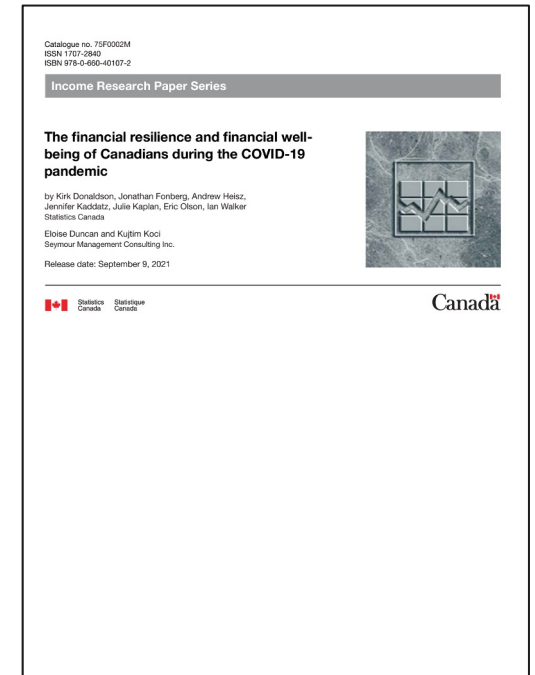
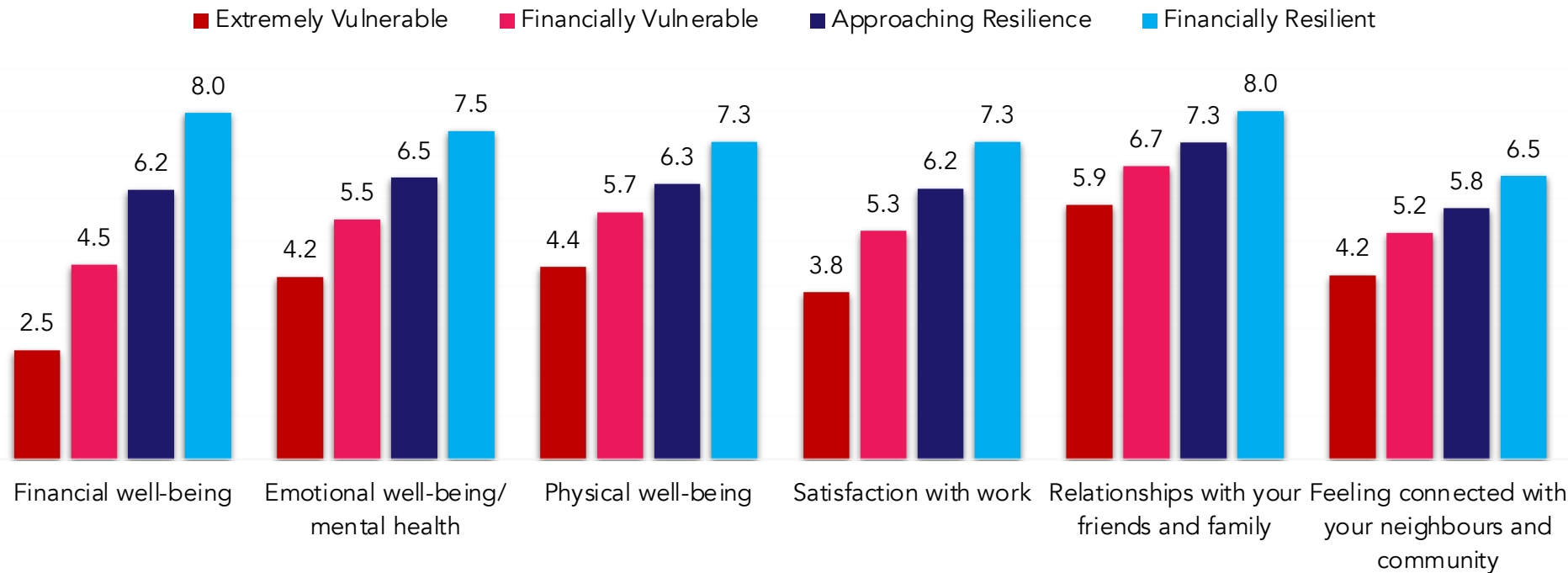
Data not available for this indicator for this year

Financially vulnerable households have lower levels of well-being across every well-being dimension: the social impact case of policymakers and the ecosystem focusing on financial health and resilience as a strategic priority

This is foundational to people’s overall health, quality of life and resilience of economies. The Institute has provided data-driven evidence of this since 2020, with Index data also complemented with government administrative data in our joint report led with Statistics Canada [1,2].

More financially vulnerable households have lower levels of health and well-being across every dimension

Based on the Institute’s Financial Health and Resilience Index Model and Financial Well-Being Studies (February 2026)



Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model and Financial Well-Being Studies, Seymour Financial Resilience Index ©.

[1] See our joint report 'The financial resilience and financial well-being of Canadians during the COVID-19 pandemic' (September 2021) published with Statistics Canada: <https://www150.statcan.gc.ca/n1/en/catalogue/75F0002M2021008>

[2] Survey respondents rate their financial well-being and other well-being dimensions that contribute to their overall personal well-being from 1 to 10 where 1 is 'Poor' and 10 is 'Excellent'

'Extremely Vulnerable' households have a financial resilience score of 0 to 30; 'Financially Vulnerable' a score of 30.01 to 50; 'Approaching Resilience' a score of 50.01 to 70, and 'Financially Resilient' a score of 70.01 to 100.

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Sample Sizes for the national longitudinal Financial Well-Being Studies (2017 to 2026) complementing the Institute's Financial Health and Resilience Index model

Financial Well-Being Study	Total Sample Size	Survey Respondents scored through the Index [1]	Margin of Error (MOE)
February 2026 study	5429	4655	1.33%
October 2025 study	5814	5074	1.30%
June 2025 study	5354	4640	1.34%
February 2025 study	6179	5394	1.33%
October 2024 study	2525	2234	2.07%
June 2024 study	6218	5433	1.24%
February 2024 study	6223	5449	1.24%
October 2023 study	5006	4462	1.20%
June 2023 study	5736	5038	1.09%
February 2023 study	5010	4304	1.20%
June 2022 study	5061	4505	1.19%
June 2021 study	5028	4504	1.20%
Feb. 2021 study	3018	2710	1.64%
Oct. 2020 study	3016	2635	1.64%
June 2020 study	4989	4462	1.20%
February 2020 study	1013	919	3.00%
June 2018 study	5067	N/A	1.19%
June 2017 study	5218	N/A	1.17%

Canada's most robust, independent, longitudinal study on Canadians' financial health, financial resilience and financial well-being and the role Financial Institutions can play to support their customers' financial wellness.

The study instrument complements the Institute's Financial Resilience Index model, which is the first Index model of its kind in the world. This is being levered as a community asset for good to shine a light on the financial health, resilience and well-being of Canadians, financial inclusion challenges and opportunities for more targeted support by Financial Institutions, Policymakers and others [1,2]



[1] The Financial Health and Resilience Index Model, Seymour Financial Resilience Index © has a pre-pandemic baseline of February 2020 and builds on just under 10 years of longitudinal Financial Well-Being Studies data for Canada.

[2] The Financial Well-Being Studies, conducted by Financial Resilience Institute, are a 15-18 minute online survey with survey respondents recruited through the Angus Reid Forum, Canada's most engaged and respected online panel. All survey design and analysis are conducted by Financial Resilience Institute. The study has a representative sample of the population by household income, age, province and gender and is conducted three times a year.

[3] The Institute's Detailed and Summary Impact Report is available at: <https://www.finresilienceinstitute.org/our-impact/>

The Institute's free resilience score tool and bank of resources for all Canadians and global citizens available at www.myfinancialresiliencescore.com with white labelling of this tool available for Financial Institutions and others



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How financially resilient are you?

Check out your financial resilience score in under 2 minutes.

CHECK YOUR SCORE NOW



Your financial journey is unique, and **building resilience is the key.**

No matter the challenges we face, we can all work towards maintaining or improving our financial and overall resilience. By making informed financial decisions, fostering healthy money habits and behaviors, and seeking out relevant support, you can achieve what matters in life.

Improving your financial health and well-being involves understanding your financial resilience and taking small steps to bolster it over time, as you strive to achieve your goals.

Building your financial resilience is a journey. Begin yours today.

The Financial Well-Being Index Model for Canadians and Global Citizens

Seymour Financial Resilience Index ®

Financial Well-Being Index Model

The Index measures and tracks household financial well-being and overall well-being at the national, regional or provincial, segment and individual household level ^[1]



Source: Financial Resilience Institute, Financial Well-Being Index Model and Financial Well-Being Scoring Tool, Seymour Financial Resilience Index ®.

The Financial Well-Being Index Model and Financial Well-Being Tool are copyright © Financial Resilience Society and used under license.

[1] The linear regression model is a strong model with an R2 of 88.9%. It builds on over nine years of longitudinal national Financial Well-Being Studies data and analytics in Canada.

Customized indicators and questions can be added to the Financial Well-Being study instrument based on the nuances of particular countries or organizations, with analytics conducted by Financial Resilience Institute as required.

[2] Six personal well-being dimensions are measured by Financial Resilience Institute with the Overall Well-Being Score able to complement the Financial Well-Being Model and Score.

Complementing the score, the Institute provides independent tracking on the extent to which tier one bank customers (and the customers of any organizations working with the Institute) rate their FI or organization for helping to improve their financial wellness over the past year, with business, customer and social benefits and more. The Financial Well-Being Model can be complemented by an individual's Overall Well-Being Score.

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Financial Well-Being Index Model Development Methodology

Seymour Financial Resilience Index®

The Financial Well-Being Index Model, developed by Financial Resilience Institute, builds on the Financial Well-being Framework, longitudinal Financial Well-Being Study and over ten years of longitudinal financial well-being survey data. It measures consumer financial well-being, defined as *a state of being wherein a person can meet their current and on-going financial obligations, can feel secure in their financial future and is able to make choices that allow them to enjoy life*¹. The Financial Well-Being Model provides a simple, transparent financial well-being score for individuals or households at the national, regional, segment and individual household levels and can be applied across many countries and populations. It is a strong regression model with the three indicators accounting for 88.9 percent in the variance in the financial well-being construct based on June 2024 data. All indicators are significant at a 95% confidence interval, with p-values less than 0.05.

A person or household's Financial Well-Being Score is complemented by their Overall Well-Being Score. This is an average score across six well-being dimensions, measured and tracked by Financial Resilience Institute since 2017 through the longitudinal Financial Well-Being Studies.

- The Financial Well-Being Index model is based on a linear regression model developed based on the Financial Well-Being Framework and Financial Well-Being studies. It was developed based on an iterative process to regress and evaluating many indicators against self-reported financial well-being measure, using the multiple linear regression technique.
 - In the end, 3 variables were determined to account for 88.9 per cent of the variance in the household financial well-being construct as of June 2024.
 - The regression model's indicators (independent variables) are all significant at a 95% confidence interval, with p-values less than 0.05.
 - The model has been validated against 2024, 2023 and 2022 Financial Well-being Studies data. This has revealed consistency in results represented by a strong R-squared and highly similar weights of the independent variables as predictors of financial well-being.
 - The weighting for the level of financial well-being indicator is 65%. The weighting for the borrowing for everyday expenses indicator is 25% and the household savings rate indicator is 10%.
 - Weightings are fixed and shared transparently so that any organization, country or individual can understand and measure the financial well-being of their citizens, consumers or customers.
- There were many stages of Financial Well-Being Index Model development and validation:
 1. Development of the Financial Well-Being Framework (2016);
 2. Development and analysis of the Financial Well-Being Studies (2017-2024) with validation of key indicators of financial health, financial resilience, financial stress, financial well-being and overall well-being;
 3. Identification of potential indicators plus reference to academic research from Professor Elaine Kempson based on her Financial Well-Being conceptual model;
 4. Conducting over 150 individual qualitative interviews with households in Canada around their financial well-being between 2016 and 2024;
 5. Data collection for Financial Well-Being and overall well-being score development was conducted between 2017 and 2024;
 6. Regression model development with different combinations of potential indicators tested and evaluated between August and October 2024 [1];
 7. Indicator selection and
 8. Model validation leveraging multiple linear regression model technique.

Source: Financial Resilience Institute, Financial Well-Being Index Model and Financial Well-Being Scoring Tool, Seymour Financial Resilience Index®

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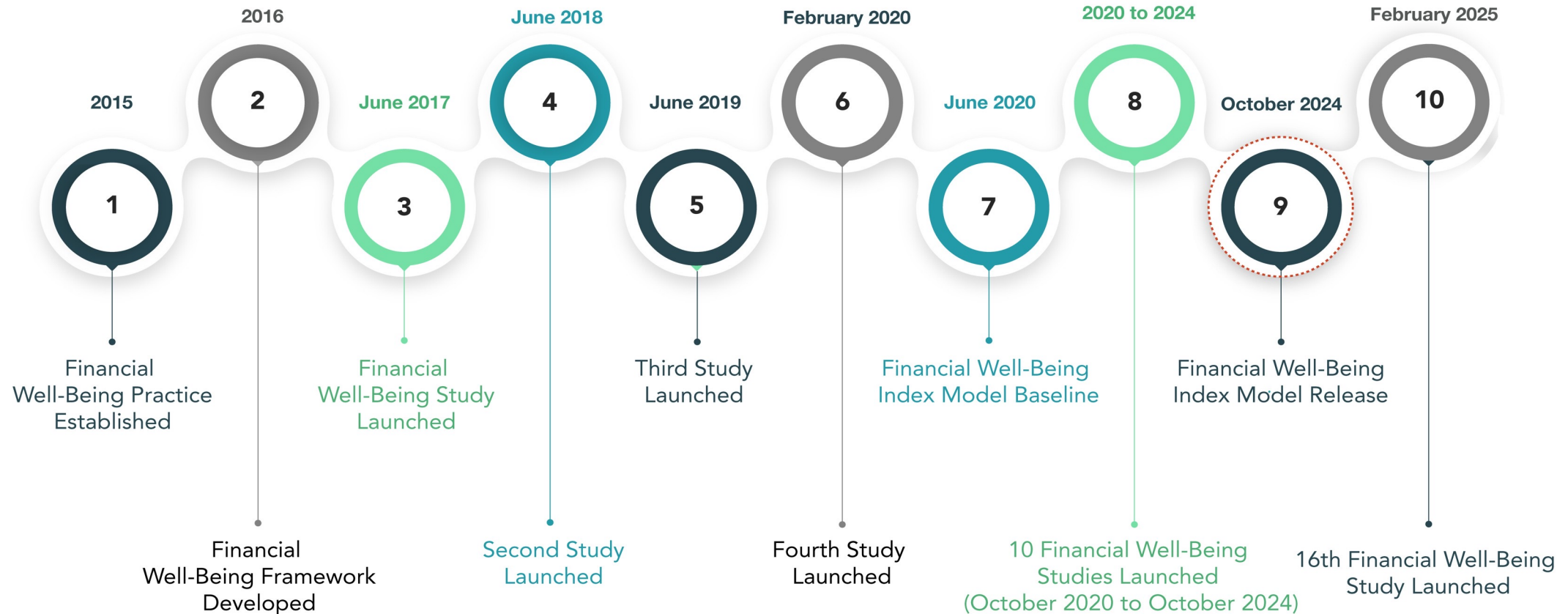
[1] Other indicators, such as household income, were tested as part of the Financial Well-Being Model and Score development process. There was found to be 70% correlation between household income and a person's reported household savings rate, with the behavioural indicator of a person's household savings rate selected for the final model with this having a strong contribution to the financial well-being construct.

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Financial Well-Being Index Model Development Roadmap (2015 to 2025)

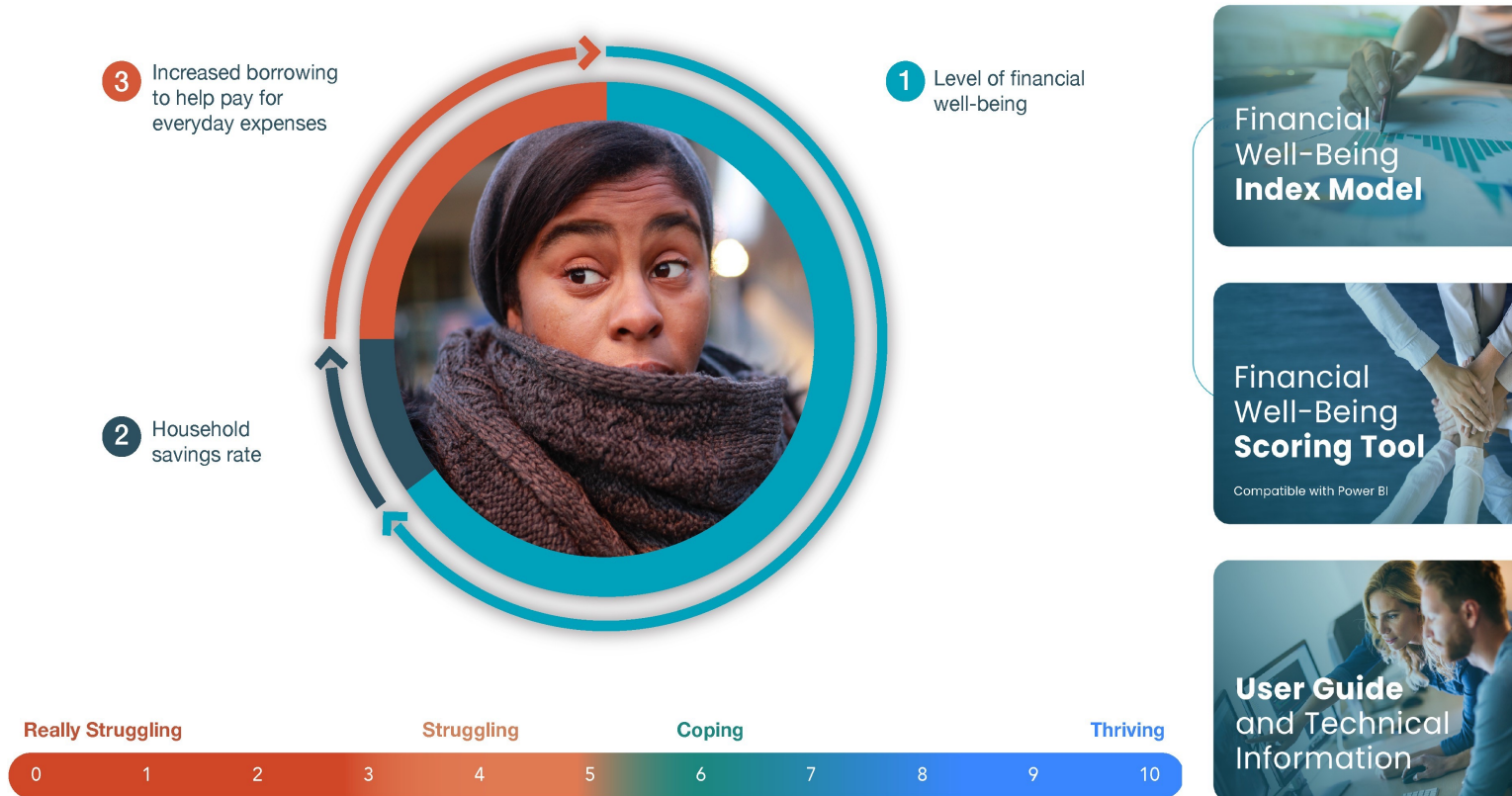
Launch Timeline of the Financial Well-Being Studies and Financial Well-Being Index Model (2015 to 2025)



The Financial Well-Being Model is a user-friendly instrument that measures subjective consumer financial well-being: with three free components to the free Toolkit

Financial Well-Being

A state of being wherein a person can fully meet current and ongoing financial obligations, can feel secure in their financial future, and is able to make choices that allow them to enjoy life. [1]



Source: Financial Resilience Institute, Financial Well-Being Index Model and Financial Well-Being Scoring Tool.

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[1] The definition for 'Financial Well-Being' was developed by CFPB (Consumer Financial Protection Bureau) in the US and was adopted by our organization. The proprietary Financial Well-Being Framework was developed by Seymour Consulting ® (now Financial Resilience Institute) with this peer-reviewed by many organizations and academics around the world.

More information with the User Guide and Technical Information is available at: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit/> Potential applications are available at: <https://www.finresilienceinstitute.org/financial-well-being-index-model-and-toolkit-applications/>

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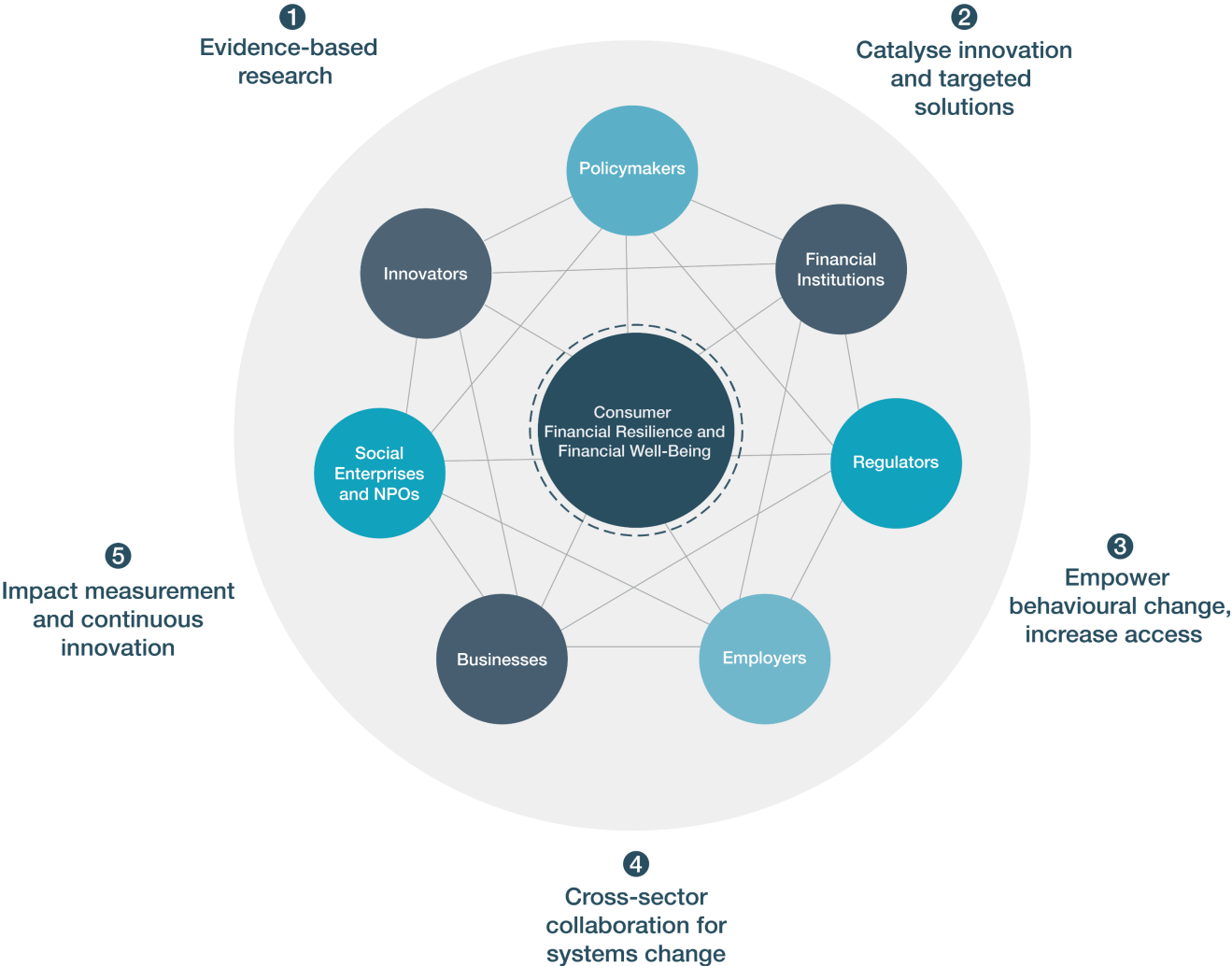
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Financial health and well-being impact requires evidence-based decision-making, robust impact measurement, cross sector collaboration and continuous innovation

A leading independent authority on financial health, financial resilience and financial well-being in Canada and globally, we're working to help improve financial resilience, health and well-being for all.

Improving Financial Resilience and Well-Being For All

We partner with financial services leaders, policymakers, innovators and employers to design and implement solutions that improve financial resilience, health and well-being for all – especially the most vulnerable among us.





Contact us for questions, feedback or to explore collaboration opportunities

For more information

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