



**BEWARE OF  
LITTLE  
EXPENSES;  
A SMALL  
LEAK WILL  
SINK A  
GREAT SHIP.”  
-BENJAMIN  
FRANKLIN**



**3 STEPS TO  
TRACK YOUR  
EXPENSES.**

**Presented by:**  
**The Partnership**  
*for a Healthier Carroll County*

8 Dimensions of Wellness

# FINANCIAL



WEEK 6 - DAY 1

## WORKSITE WELLNESS



### FINANCIAL WELLNESS IS:

satisfaction with current and  
future financial situations



Click [here](#) for a video on  
financial health!



Track your  
spending  
habits this  
week. Find  
out where  
your money  
is going and  
pay attention  
to areas you  
can save/cut  
back on.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL