



## 8 Dimensions of Wellness

# FINANCIAL



WEEK 6 - DAY 4

## WORKSITE WELLNESS

### TAMING DEBT:

1. KNOW WHERE YOU STAND
2. PAY AT LEAST THE MINIMUM PAYMENT
3. PAY DOWN THE HIGHEST INTEREST RATE LOANS AND CARD BALANCES FIRST
4. PAY OFF MORE THAN THE MINIMUM PAYMENT IF YOU CAN
5. KNOW WHEN TO ASK FOR HELP!



(CLICK VIDEO SYMBOL ABOVE TO PLAY A VIDEO ON TAMING DEBT)

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



### DEBT:

### THINGS TO THINK ABOUT...

- WOULD IT BE HELPFUL FOR YOU TO FIGURE OUT YOUR TOTAL DEBT AND MAKE A PLAN TO PAY IT DOWN?
- WOULD IT BE HELPFUL FOR YOU TO TALK WITH SOMEONE WHO SPECIALIZES IN MANAGING MONEY?

**IF SO, BE SURE TO USE A CREDIBLE COMPANY**

**REMEMBER - FINANCIAL WELLNESS IS ALL ABOUT PLANNING!**

**"YOU CAN DO ANYTHING YOU SET YOUR MIND TO."**

**-BEN FRANKLIN**



**BUILDING EXCELLENT CREDIT & BECOMING FINANCIALLY STABLE**

**You Tube**



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL