



## 8 Dimensions of Wellness

# FINANCIAL



WEEK 6 - DAY 5

## WORKSITE WELLNESS

### Tip

**ARE YOU AN AVID COFFEE DRINKER? DO YOU SPEND MONEY EVERY WEEK GETTING YOUR DAILY FIX?**

**IF SO... TRY CUTTING BACK ON SPENDING BY MAKING YOUR COFFEE AT HOME! YOU WILL BE SURPRISED HOW THE MONEY WILL ADD UP!**



### 8 SIMPLE WAYS TO START SAVING!

1. RECORD YOUR EXPENSES
2. BUDGET FOR SAVINGS
3. FIND WAYS YOU CAN CUT YOUR SPENDING
4. SET SAVINGS GOALS
5. DECIDE ON YOUR PRIORITIES
6. PICK THE RIGHT TOOLS
7. MAKE SAVING AUTOMATIC
8. WATCH YOUR SAVINGS GROW!

SOURCE: [BANK OF AMERICA](#)

**"THE ART IS NOT IN MAKING MONEY, BUT IN KEEPING IT."**  
-PROVERB



WAYS TO SAVE MONEY ON YOUR MONTHLY BILLS



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL