



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)



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 AND MAINTAINING CREDIT

