# 31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month



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#### **WEEK 1**: Managing your money







Get down to basics

5 money **mistakes**  5 steps to take control

**Align money** goals with values

## **WEEK 2**: Saving for the future



5







8





What's an HSA?

10

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**Prep for** unexpected **Workplace** savings **explained** 

1Up savings **challenge** 

How far can 1%

go?

3 A's of saving

**Social Security** Q&A

#### **WEEK 3**: Tackling debt



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21

28



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**strategies** 

16



17

priorities

18

**Crush credit** card debt

7 credit card tips

**Credit scores** need-to-know 2 ways to tackle debt

**Student loan** 

**Buy or rent?** 

**Balance money** 

# **WEEK 4**: Learning to invest



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**Investing 101** 

**Learn investing** lingo

**6 stock myths** 

What's compound interest?

**Stock market** basics

**Target date fund** facts

**Understanding IRAs** 

## **WEEK 5**: Taking care of business



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31

**Money combo** do's and don'ts

Tax essentials

**Taxes: DIY or** pro?

**Choosing health** <u>insurance</u>

Can life insurance help? Save money on travel

