

Wellness Ideas: Financial Personal

- Reduce (or better yet, end) your credit card debt
- Commit to paying even a very small amount above your monthly mortgage (use online mortgage calculator to see how this really does make a big difference over time)
- Barter! Do you have a talent / skill? See what trades you can find out there.
- Moonlight / take a weekend job to get that debt paid off
- For once and for all, set a personal budget
- Ask your program if there is a free financial planner available to you