

# Your past, present, and future to financial wellness

Getting a handle on your finances can help you tackle your debt, enhance your current lifestyle, and prepare for a comfortable financial future. It starts small and grows over time, leading to the ultimate goal: **financial wellness**.



## 1 PAYING DOWN DEBT: From credit cards to student loans

- Start with your lowest outstanding balance and pay it off (store credit card, phone bill, utility bill, etc.)
- For student loans, find the one with the highest interest rate and try to pay more than the minimum balance  
*Ex: if minimum payment is \$150, aim to pay almost double that amount each month*
- Apply a portion of your work bonuses toward your debt

**tip:**

### PAYING DOWN DEBT

When shopping, try these two ideas:

1. Leave your credit cards at home
2. Pay in cash

## 2 PAYING YOURSELF: Emergency saving + buying a home

### EMERGENCY FUNDS

- Save enough to cover at least 3 to 6 months' worth of living expenses  
*Include: housing, food, health insurance, utilities, personal expenses, transportation and savings*

### BUYING A HOME

- Rework your budget, allocating more toward saving for a down payment
- Reduce your current expenses (lower your grocery budget by 5%, bring lunch to work, etc.)

**tip:**

### PAYING YOURSELF

To automatically save more, set up a transfer per payroll at a different bank or unlinked savings account.

## 3 PAYING FOR YOUR FUTURE: Retirement

### RETIREMENT

- Strive to save 12-15% of your annual pay towards retirement
- Plan to spend a minimum of 30 years in retirement or more if you plan to retire early

**tip:**

### PAYING FOR YOUR FUTURE

Find out how much retirement you can afford by logging into your retirement account to learn more.

Attaining financial wellness is a lifelong process with many different stages. We hope you found this article a useful guide to developing your own plan.

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