

## Financial Wellness Defined

A position of health, not wealth

Spending less than you make

Addressing stress by having a plan in place

Controlling your money, not letting it control you

Individual empowerment by having the
knowledge and confidence to make informed financial decisions

## Why Financial Wellness Is Important



Financial matters like these are the top cause of stress, showing a clear disconnect in our interpretation of money and value.

59\% of Americans admitted to living paycheck to paycheck.



MY STORY

## The

Financial

## Wellness

## Journey

Let's review.



## 2 <br> Save <br> More






## 3

Manage Debt

## The True Cost Of Debt

Upgrade your living room and charge \$5,000


The interest rate is
18\% and you just
pay the minimum amount each month

How long will it take to pay this off?
$-2.5 \%$ of the
balance


## Elımınate <br> Debt



Debt Avalanche
Focus on paying off higher interest debt first


Debt Snowball
Focus on paying off debt in order of least
to greatest amount owed

## The Snowball Effect In Action

| Visa Gold |  |
| :---: | :---: |
| 2)) |  |
| 400012345678 | 9010 |
| $\text { A. AILLER } 12 / 20$ | VISA |

\$5,100

$\$ 16,250$

\$15,200

\$1,000

## Put In Order Least To Greatest

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Doctor | $\$ 1,000$ | $\$ 100$ |
| Credit Card | $\$ 5,100$ | $\$ 150$ |
| Car | $\$ 15,200$ | $\$ 500$ |
| Student Loan | $\$ 16,250$ | $\$ 200$ |
| Total Debt | $\$ 37,550$ | $\$ 950$ |

## Come up with an extra \$100

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Doctor | $\$ 1,000$ | $\$ 200$ |
| Credit Card | $\$ 5,100$ | $\$ 150$ |
| Car | $\$ 15,200$ | $\$ 500$ |
| Student Loan | $\$ 16,250$ | $\$ 200$ |
| Total Debt | $\$ 37,550$ | $\$ 1050$ |

## 5 Months Later

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Doctor | $\$ 0$ | $\$ 200$ |
| Credit Card | $\$ 4,350$ | $\$ 150$ |
| Car | $\$ 12,700$ | $\$ 500$ |
| Student Loan | $\$ 15,250$ | $\$ 200$ |
| Total Debt | $\$ 32,300$ | $\$ 1050$ |

## Apply $\$ 200$ To Next Debt

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Credit Card | $\$ 4,350$ | $\$ 350$ |
| Car | $\$ 12,700$ | $\$ 500$ |
| Student Loan | $\$ 15,250$ | $\$ 200$ |
| Total Debt | $\mathbf{\$ 3 2 , 3 0 0}$ | $\$ 1050$ |

## 12 Months Later

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| CroditCard | $\$ 1,350$ | $\$ 350$ |
| Car | $\$ 6,700$ | $\$ 500$ |
| Student Loan | $\$ 12,850$ | $\$ 200$ |
| Total Debt | $\$ 19,550$ | $\$ 1050$ |

## Apply $\$ 350$ To Next Debt

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Car | $\$ 6,700$ | $\$ 850$ |
| Student Loan | $\$ 12,850$ | $\$ 200$ |
| Total Debt | $\mathbf{\$ 1 9 , 5 5 0}$ | $\$ 1050$ |

## 8 Months Later

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Car | $\$ 0$ | $\$ 850$ |
| Student Loan | $\$ 11,250$ | $\$ 200$ |
| Total Debt | $\mathbf{\$ 1 1 , 2 5 0}$ | $\$ 1050$ |

## Apply \$1,050 To Student Loan

| Debt Name | Balance | Monthly Payment |
| :---: | :---: | :---: |
| Student Loan | $\$ 11,250$ | $\$ 1050$ |
| Total Debt | $\$ 11,250$ | $\$ 1050$ |



# Started Off With \$27,550 Of Debt 

## Less Than 3 Years Later You Are Debt Free!!!

## 4

## Prepare For Retirement



## What Saving 3\% Can Do For YOU



The Average Teacher's Salary in Georgia is $\$ 54,955=\$ 4,580 /$ month

If you invest $3 \%$ of this $=\$ 137.40$

You will only miss about \$112.00 every month

## Remember - you are investing \$137.40

\$137.40/month -
20 years at $9 \%$ growth $=$ OVER $\$ 87,000!!$

Protect What Matters






## 6

## Plan

Legacy


## 7

Build Your Wealth




What Really Matters


Questions

