Faith | Financial Well-Being | Health | Personal Growth

PILLAR TALK

Change your Habits, Change your Life

FINANCIAL WELL-BEING HABITS RESOURCES

- **Paul Bass shared Saving Habits:**
  - Encourage the Saving habit at an early age
  - Strive to always SAVE a portion of your income
- **Krissi Winningham shared Budgeting Basics:**
  - Give EVERY dollar a purpose
  - Track Expenses
  - Make Changes for the Better
- **Holly Rodgers shared Getting Started:**
  - Save $1,000 as your Starter Emergency Fund
  - Use the Debt Snowball Method to Eliminate Debt (paying off bills from smallest debt owed to the largest debt owed)
- **To recap how our lives can be changed by our habits:**
  - Make habit achievable
  - Make it a priority to YOURSELF
  - Visualize your success
  - and your life will be changed! ***Amazing!***

Please share with us your thoughts about the presentation by taking the survey at
http://bit.ly/PillarTalkSeriesSurvey

NEXT PILLAR TALK

"Change Your Habits, Change Your Life - Health & Wellness"
Thursday, May 26th @ 12:00 -12:30 pm
Register for WebEx: ***https://bit.ly/PillarTalk4***

Link to March's webinar in case someone missed it:
https://www.firstunitedbank.com/spendlifewisely/part-2-6-spend-life-wisely-pillar-talk-webinar-series-faith-habits

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