





# 31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month










S M T W T F S

## WEEK 1: Managing your money

 1	 2	 3	 4
<a href="#">Get down to basics</a>	<a href="#">5 money mistakes</a>	<a href="#">5 steps to take control</a>	<a href="#">Align money goals with values</a>








## WEEK 2: Saving for the future

 5	 6	 7	 8	 9	 10	 11
<a href="#">Prep for unexpected</a>	<a href="#">Workplace savings explained</a>	<a href="#">1Up savings challenge</a>	<a href="#">How far can 1% go?</a>	<a href="#">3 A's of saving</a>	<a href="#">What's an HSA?</a>	<a href="#">Social Security Q&amp;A</a>







## WEEK 3: Tackling debt

 12	 13	 14	 15	 16	 17	 18
<a href="#">Crush credit card debt</a>	<a href="#">7 credit card tips</a>	<a href="#">Credit scores need-to-know</a>	<a href="#">2 ways to tackle debt</a>	<a href="#">Student loan strategies</a>	<a href="#">Buy or rent?</a>	<a href="#">Balance money priorities</a>

## WEEK 4: Learning to invest

 19	 20	 21	 22	 23	 24	 25
<a href="#">Investing 101</a>	<a href="#">Learn investing lingo</a>	<a href="#">6 stock myths</a>	<a href="#">What's compound interest?</a>	<a href="#">Stock market basics</a>	<a href="#">Target date fund facts</a>	<a href="#">Understanding IRAs</a>

## WEEK 5: Taking care of business

 26	 27	 28	 29	 30	 31
<a href="#">Money combo do's and don'ts</a>	<a href="#">Tax essentials</a>	<a href="#">Taxes: DIY or pro?</a>	<a href="#">Choosing health insurance</a>	<a href="#">Can life insurance help?</a>	<a href="#">Save money on travel</a>