

FINANCIAL WELLNESS

Take control of your financial future with these essential tips for a healthier wallet and a more secure tomorrow.



BUDGETING & MANAGING EXPENSES EFFECTIVELY

- Learn to **spend less than you earn** by creating a simple spending plan.
- **Track your income and expenses** to discover where your money goes.
- **Pay yourself first** by setting aside money for savings and investments.

UTILIZING EMPLOYEE BENEFITS TO MAXIMIZE YOUR SAVINGS

- Join a retirement plan that **automatically deducts from your paycheck**.
- Put **bonuses and raises** directly toward your savings.

PLANNING FOR RETIREMENT & LONG-TERM FINANCIAL GOALS

- **Start saving for retirement early** to maximize the power of time and compounding.
- **Aim to save 10-15% of your income.** Even small contributions make a big difference.
- Utilize automatic deductions for savings and **invest aggressively when young** to overcome market fluctuations.

UNDERSTANDING & IMPROVING YOUR CREDIT SCORE

- **Avoid high debt and credit misuse** to free up money for retirement savings.
- **Keep your debt ratio** (excluding mortgage) **to 10% or less** of your take-home pay.
- **Handle credit cards wisely.** Limit cards, shop for the best rates, and pay off balances on a monthly basis.



FINANCIAL WELLNESS RESOURCE CENTER

Find answers to your questions about money, retirement, and much more.

wealth.truenorthcompanies.com/resource-center

QUESTIONS? Contact TrueNorth's TRUEAdvocate Team:
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BROUGHT TO YOU BY:



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