Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

July 5

Save by Starting Small

Your morning cup of coffee, after-work drinks with coworkers, ordering takeout for the third night this week — these little expenses add up. This week, give up one of your small purchases to kick-start those savings. Perhaps start by brewing your coffee in the morning or packing your lunches for the week. Regardless, work to keep track of your savings this week, and then transfer that amount to a savings account.

July 12

Dip Your Toes Into Investing

This exercise can help you gain experience without actually putting money on the line. That way, if you do decide to invest for real, you'll have a better idea of what to do. To start, choose some stocks or funds you would theoretically like to buy, and then keep track of how they do for the next few weeks. Pretend to buy more, sell some or keep them the same — the goal is just to get a feel for how the market works so you can eventually consider making it a part of your financial routine.

July 19

Put Away the Plastic

This week's challenge is to use cash exclusively for all non-essential buys. To start, calculate your flexible spending budget for the week so you know how much cash to have on hand. In short, this means taking your monthly take-home pay and subtracting your fixed costs, financial goal contributions and non-monthly expenses, leaving you with your leftover "fun money." Finally, divide that amount by 4.3 to adjust for the number of weeks in an average month. Now that you know how much you can spend in a week, consider how it feels each time you reach into your wallet. As the money physically leaves your hands, you may reconsider whether some purchases are really worth it. Make this mindfulness a habit.

July 26

Schedule a Check-in on Your Net Worth

To determine your net worth, add up the value of everything you own, including checking and savings accounts, brokerage and retirement balances, and substantial assets like real estate, cars and jewelry. From that number, subtract what you owe, whether from credit card debt, student loans or a mortgage.

Source: **learnvest.com**

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