



Finances

"Where your treasure is, there will your heart be also."

When you look at your credit card statement or check book register, **what does it say about your heart?** Have you ever thought about money in this way? In today's world money is hard to come by and easy to burn through. There's more pressure to "keep up" with people in worldly possessions than ever before. There's nothing wrong with having nice things, homes or vehicles. But, the purpose of this course is to challenge us to think beyond the "right now" and look at your financial health as a part of your overall well-being.

Maybe you aren't trying to keep up with the Joneses but you're just trying to stay afloat, pay bills and put food on the table. It's no surprise that stress over finances is a great concern for your health and also affects your relationships. Sometimes it's easy to think that you're alone in these struggles or to wear the struggle like a cloak of shame. Talking about finances is personal, a bit like sharing your health concerns. But, the interesting thing is that you're not alone in these battles. Talking about your financial health pushes away the shame or guilt and opens up a whole new world of ideas, support and hope.

There's real help available for you to start your path toward better financial health! Wherever you find yourself today, you chose this course for a reason. You're no longer alone in this journey. We're all here to support each other on this unique path towards financial health.

YOUR 30-DAY CHALLENGE:

1. Watch the Financial Health Presentation on the Bridge Learning Center:

- » Where is your treasure? Look up your spending habits for 30 days, where do you spend the money? How does this reflect your heart?
- » What is your dream for the future? How can you take a step toward that direction.
- » Use the spending plan provided.
- » Use the avalanche or snowball debt reduction system and tool provided.

2. Reach out to your local banking institution for further assistance on developing a plan for spending, paying off debt or saving.

- **REVIEW** the resources for this course on the Bridge Learning Center.
- **ANSWER** the reflective questions for this course.
- **DISCUSS** your answers to the reflection questions with your supportive partner or group.

Note: All materials available online and on your mobile device through the 2016 Community Health Challenge program on the Bridge Learning Center. Contact your team champion for login access.

