

Potty Pointers

Live the Power of 10

Use the number “10” to help reach your health and wealth goals. Calorie counting and spending plans can seem like a jumble of numbers. Streamline the process by using multiples of 10. It’s easy to multiply, divide, and remember. Break goals down into increments of 10.



The Power of 10 for Health:

- Exercise an additional 10 minutes per day.
- Set an initial weight-loss goal of 10% of body weight.
- Walk 10,000 steps a day.

The Power of 10 for Wealth:

- Save an extra \$10 a week. That’s \$1 a day plus pocket change.
- Pay yourself first by saving 10% of your gross income each paycheck.
- Look for ways to cut expenses by \$10 per month.
- Set financial goals for 10 years in the future.



When it comes to health and wealth goals, you can win with 10! Put the power of 10 to work for you.

Learn more strategies for success with Small Steps to Health and Wealth.

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