

# Potty Pointers

## Respond to Wake-Up Calls



It's easy to ignore the potential consequences of poor health and financial management behaviors. That is – until those consequences hit home with us or someone we love. Life-changing events often provide the motivation people need to change.

Don't wait until you have a heart attack or develop diabetes. Don't wait until you have a financial crisis or until debts have been turned over to collection agencies. Respond to wake-up calls now.

- **Identify the most important wake-up calls** in your life right now. Think about your health and personal finances. Are there changes you need to make?
- **Think about what could happen** if you didn't change. If you're not exercising, you could be at greater risk for obesity, heart disease, diabetes, and osteoporosis. If you have too much debt or inadequate savings, you could be risking your financial stability.
- **Make a plan** to respond to wake-up calls. Take action to improve your health and increase your wealth.



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

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