

# Potty Pointers

## Costs & Benefits of Change



Cost-benefit analysis is a widely used tool for making decisions in the business world. You can use this tool to examine the impact of health and money management practices. Look at the pros and cons. Here are some positive outcomes to get you started.

### Health:

- A healthy diet and regular exercise will reduce your risk for many diseases.
- Maintaining a healthy weight and exercising regularly will help you to feel more energetic all day.
- Improved physical health increases self-confidence.

### Wealth:

- Following recommended financial management practices increases financial security and helps prepare you for emergencies.
- Financial management skills help you reach life goals such as attending college, owning a home, traveling or enjoying retirement.
- Success in taking control of your finances can increase your feelings of control over life in general.

Do a cost-benefit analysis to see the positive outcomes of improving health and increasing wealth.



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

- Visit our website at [arfamilies.org](http://arfamilies.org).
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