

Potty Pointers



Think Balance – Not Sacrifice

Do the words “budget” and “diet” make you think of sacrifice? If you’re feeling deprived, it’s likely you’ll have trouble sticking to a budget or diet in the long term. A better idea is to focus on balance instead of sacrifice.

Bring your finances into balance. Create a spending plan to bring your cash flow into balance. What if expenses exceed income? Find ways to increase income or reduce expenses.

Bring your health into balance. Balance the calories you consume with the calories you burn. One pound = 3,500 calories. To lose one pound, you must either eat 3,500 fewer calories or exercise enough to burn an additional 3,500 calories.

You don’t have to completely give up splurging, just do it less often, maybe once a month instead of every day. Create balanced plans for health and wealth without feeling deprived.



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

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