

Ditch the Debt

September was chosen as Healthy Aging Month to raise awareness on physical and mental health, especially for those 45 and older. So we don't alienate our amazing younger coworkers, colleagues, family and friends, it's essential to acknowledge that we're all growing older; therefore, we can all equally benefit from improved physical, mental, social and financial well-being.



3 Ways to Ditch the Debt

- 1. List Everything You Owe** — If you've been avoiding it, it's time to add up all your outstanding monthly loan payments and minimum credit card payments and determine your monthly minimum payment.
- 2. Decide How Much You Can Pay Each Month** — Make a list of all your basic monthly expenses. Average them over the last few months where you can. Apply this formula:

$$\text{Monthly Income} - \text{Basic Expenses} - \text{Debt} = X$$
- 3. Pay All of Your Bills on Time Each Month** — The best thing you can do for your credit.

The smartest thing you can do with your debt is to face it head-on. That is the number one and best first step to alleviate the stress of having it.



Look at everything you owe and calculate it against your essential expenses and your after-tax income. Look closely. There may not be a silver-bullet lying there, but somewhere in the darkness, you'll figure a way to dig out and ditch the debt. The key is to take it one step at a time and steadily pay the debt down. Continue to put money away for your retirement and your savings and look forward with purpose towards the day you'll be debt-free.