

Please note: This is a transcription so there may be slight grammatical errors.

Roxanne Bellamy:

You may have heard this saying before, but it's worth repeating. Investing in yourself is one of the most important investments you will ever make.

All too often, investing in ourselves falls low on our priority lists, but caring for and improving yourself are two investments that always generate a positive return. Here are a few simple ways to get started.

First, consider making a healthy diet and exercise part of your daily routine. Strength training in particular, has been shown to have a positive impact on mobility, bone density, memory, even mood, thereby improving your longevity and quality of life.

Second, take time every day to invest in protecting and increasing your own emotional wellness. Look for ways to reduce stress, connect with others, and make time to participate in activities or hobbies that you enjoy.

Next, consider learning a new skill. Personal development can not only increase your professional value, but also boost confidence in your abilities and capacity for growth. Through learning, you'll become more aware of your strengths, values, and passions, and how to use them to achieve your goals. An added bonus, continued learning fosters brain health, improves feelings of social connection and lowers your risk of mental health problems.

And lastly, remember to invest in your own financial health as well. Track your spending, build a budget, and write it all down somewhere you can easily access. Just these three steps can help to alleviate worry and keep you focused on what's important for building a better financial future. Want to know one more easy way to invest in yourself right now? Call CAPTRUST and get started with your personal financial blueprint. Improving your financial wellness is our top priority.

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