



**The Get on Track Movement – Our goal is to help people get on track with achieving more of their goals and dreams via financial stability, freedom, and independence by creating, managing, and growing financial confidence.**

**So, what is Money Depression? Through our research, and training experience we have compiled a list of signs and symptoms that include but are not limited to the following:**

### **Cure Money Depression: SIGNS**

- Living pay check to pay check
- Little to no savings or investment power
- Low income wage – to no income
- Have more than one past due bill
- Avoiding bill collectors
- Overdrawn account(s)
- Excessive credit card or student loan debt
- Living in poverty or low income conditions
- Little to no financial accountability
- Low to no economic growth
- Low to no Net Worth
- Low Credit Scores
- No Income Protection/ Replacement
- Little to no financial education
- Financially Dependent upon others
- No Budget
- No Financial Game Plan

### **SYMPTOMS**

- Requiring government assistance: food stamps, welfare, etc.
- Low to no financial confidence due to financial position
- Low self-esteem and insecurity due to financial position
- Experiencing varying levels of stress and anxiety whenever you look at your bank account and or are faced with financial challenges
- Experiencing varying health challenges that may include but are not limited to: high blood pressure and or cholesterol due to financial worry
- Experiencing a Stuck/scarcity mindset
- Having little to no life goals achieved
- Feelings of financial overwhelm and stagnation

**Not on track? No worries. You are one shift away.**

**Email: [getontrackmovement@gmail.com](mailto:getontrackmovement@gmail.com) and inquire about our next FREE- Money Magnet Masterclass.**