

## **Opportunities and Success Begins With a JOB**

1. Arrive to the interview 10 to 15 minutes early
2. Active listening: Listen to understand
3. Dress for the position you are applying for
4. Research the company's website
5. Refer to information mentioned on the website
6. Practice COVID-19 guidelines

## **Tips on How to Live a Fit and Fabulous Life**

1. Eat so you are satisfied not full
2. Eat colorful fruit and vegetables daily
3. Read labels for portions size and eat portions size
4. Exercise daily, walking for 30 to 45 every other day is acceptable
5. Sleep between seven and eight hours daily
6. Drink more water; your urine should be clear

## **Networking, Fellowship, and Socializing**

1. Socializing affects our attitudes
2. Good behaviors with others build strong relationships
3. Relationships impact our physical, mental and emotional health
4. Fellowship helps us cope with stress when we have a listening ear
5. Networking keep us in touch with the job markets, who is hiring and the pay
6. It is nice to know people, but it's even better for people to know you
7. Bonus\*\* We have two ears and one mouth; talk less to respond effectively do not just talk and \_\_\_\_! Two people can have a meaningful conversation if one listens.

## **Financial Awareness Might Save You Money**

1. Alternate days on taking your lunch to work
2. Before you go shopping make a list
3. Don't go grocery shopping on an empty stomach
4. Fill up your gas tank or buy a monthly bus pass
5. Pay your bills on time
6. If you use credit cards pay more than the minimum payment
7. Bonus\*\* Keep your credit card use below 30%