

Invest in You

Education

- <https://www.coursera.org> - 2000+ courses from schools like Stanford and Yale - no application required. Build career skills in data science, computer science, business, and more
- <https://www.edx.org> -EdX offers free online courses and classes. Find the latest MOOC from the world's best universities including MIT, Harvard, Berkeley, UT and others.
- <https://www.mymoney.gov/mymoneyfive/Pages/mymoneyfive.aspx>

Health

- <https://medlineplus.gov/exerciseandphysicalfitness.html> It is important to be active and get regular physical activity. In fact, exercise is one of the most important things you can do for your health.
- <https://www.choosemyplate.gov/> Create a diet to help you succeed
- <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/multimedia/portion-control/sls-20076148> Portion control tips for improving health

Contentment

- <https://www.cdc.gov/hrqol/wellbeing.htm> Learn about advantages to pursuing contentment
- <http://www.rtor.org/2017/06/27/9-ways-to-actively-take-care-of-your-mental-health/> Steps to take for mental health
- http://www.worldprayergroup.org/guide_to_meditation.html Guides to prayer and meditation practices

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