



## Ask CAPTRUST: The Psychology of Saving: How to Stay Motivated

In our short-form webinar series, *Ask CAPTRUST*, saving money isn't just about numbers — it's about mindset.

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This webinar explores the behavioral side of saving and how psychology influences your financial habits. CAPTRUST at Work advisors shared tips for setting meaningful goals, overcoming mental roadblocks, and building lasting motivation. Watch this recording to discover how small changes in behavior can lead to big improvements in your financial well-being and leave with tools to make saving feel more rewarding and sustainable.

To download a copy of the transcript, [click here](#).

Have questions? Need help? Call the CAPTRUST at Work Desk at 800.967.9948, or [schedule an appointment](#) with a retirement counselor today.

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