

Fidelity asked Americans whether they'd rather choose money goals over other common personal goals.

Across the board, money goals were the clear choice.

IF YOU HAD TO CHOOSE, WOULD YOU RATHER...

Save \$5,000 **OR** Lose 5 pounds
84% 16%

Learn to manage your investments **OR** Learn a foreign language
69% 31%

Reduce debt **OR** Reduce screen time
84% 16%

Put 1% more salary towards retirement **OR** Drink one more glass of water a day
62% 38%

Commit to a budget **OR** Commit to an exercise plan
67% 33%