



Practical Things You Can Do Now To Better Manage Your Finances

FIRST - Take A Day Or Two And Review What You Have Been Doing Over The Last Thirty (30) Days

Most of us organize our financial lives based on income and outgo each month. Go old school briefly, get a pen/pencil and paper, sit down and write down the total amount of income on one side of the paper. On the other side of the paper write down each use of your bank/debit card, each time you spent cash, each time your account was automatically debited to pay something.

Add up all of your income and all of your outgo and see if you have a POSITIVE number or a NEGATIVE number. If it is negative or close to zero, you need to do something to get your spending under control.

SECOND - Work On Your Financial Mindset & Consider Taking These Actions

- Decide Now That You Are Going To Take Ownership Of Your Money
- Decide Now That You Are Going To Establish An Emergency Fund
- Decide Now That You Are Going To Set Up A Monthly Budget And Live By It
- Decide Now That You Are Going To Learn More About Personal Finances

THIRD - Reduce Monthly Expenses (Eliminate 'Extras', Maintain Needs)

- Stop Or Greatly Reducing Eating Out At Restaurants
- Reduce Spending On Clothing And Entertainment
- Change Or Reduce Your Cell Phone Service And Cable/Internet Service To A Less Expensive One

- Plan Your Meals Weekly And Buy Food In Bulk/Wholesale
- Still Charging Your Credit Card(s)? Cut Each Card Up/Shred Them. Keep only one on hand for emergency purposes while building your cash emergency fund.

FOURTH - SAVE REGULARLY

Each time you have income, put a small portion of it into a savings account that you do not have bank card access to. This will allow you to build your emergency fund and then long term savings.

The amount that you set aside and save does not matter. Make it whatever you can do— \$10, \$25, \$50— just be consistent.

At the end of every month, check your tracking notes and budget to see how you did. Is there anything you need to adjust? If so, make the changes and follow them the next month.

Take things one day at a time. If you need further help contact Livew Well 1 Partners and get scheduled for our Holistic Financial Coaching sessions.

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