

SMALL STEPS TO BETTER MANAGE YOUR MONEY

American Psychological Association states that 72% of Americans reported feeling financially stressed at least once in the past month. With finances hard to avoid, think about little steps you can take to better manage your money (and stress).

Paying off Debt

Mortgage, student loans, credit cards, oh my! All those payments can add up and make you feel overwhelmed. To lower your debt, use the snowball method. Focus your extra payments on the smallest debt first, so when you finally pay that off, you can use that money towards your next lowest debt.

Think Twice About Splurges

Are you an impulse buyer? Next time, sleep on it before you buy. If you decide you still want it, search for a deal, find it used, or consider waiting until it goes on sale.

Tax Yourself

Start “taxing” yourself and putting that toward your debt or savings. What’s your tax? Maybe, \$1 per purchase or a percentage of each purchase. When to tax? Decide if it will be everything, what you want, or big splurges. How to tax? Will it be an immediate transfer to another account or set aside the cash?

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