

EMPLOYEE ASSISTANCE PROGRAM

TIPS FOR THRIFTY LIVING

Do you sometimes find yourself spending beyond your means? Are you worried about carrying too much debt? Money is a source of stress for many people, but there are ways you can improve your financial situation and live more frugally. Being intentional about your spending makes it easier to pay bills, eliminate debt, and save for the future. Most importantly, building financial freedom into your life brings greater contentment and peace of mind.

Here are some tips for thrifty living:

- **Start budgeting and closely review all your monthly expenses.** Are you paying monthly fees for subscriptions and memberships that you no longer want or use? Can you trim your cable or cell phone bills with a different plan or vendor?
- **If you're in debt, create a plan with a timeline to pay it down.** Avoid using credit cards whenever possible.
- **Automate savings for emergencies and retirement.** It's easier to pay yourself first if you don't see the funds.
- **Comparison-shop for your insurance policies.** Being a long-time customer doesn't always mean you're getting the best rates. Shop around at renewal time and always ask about any available discounts.
- **Stop impulse buying.** It's all too easy to shop online and make purchases with one click. Remove the temptation by unsubscribing to store emails and catalogs.
- **Eat at home more often.** Restaurant and take-out meals can really add up. Plan your meals in advance and buy staples in bulk.

