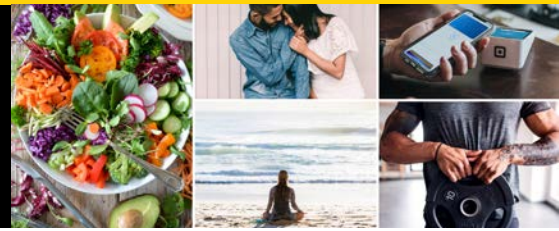


Healthy Habits



Healthy Financial Habits to Start the Year Right

1. **Set a budget** – There is no better way to jumpstart your healthy financial journey than to start a budget. You must learn to live within your means if you want to be on your way to financial freedom.
2. **Pay yourself** – The first part of the budget should include saving (for a rainy day, retirement, a special purchase, vacation, etc.). Deduct the funds directly from your paycheck, so you don't even miss it, or have the funds automatically deducted from your bank account the same day you are paid.
3. **Pay off debt** – The longer debt lingers, the more interest you are paying. Pay off anything with a zero-interest promotional period before that promotional period ends to avoid additional interest charges. The Dave Ramsey debt snowball method is one option for paying off debt where you pay off the smallest balance first, then transfer the monies you were paying on that debt into the next smallest debt and so on. Learn more at <https://www.daveramsey.com/blog/how-the-debt-snowball-method-works>.
4. **Review subscriptions/memberships** – Are you paying for Spotify and Pandora music? Subscribe to Hulu, Netflix, Apple TV+, and Disney+, but still have a robust cable or satellite package? Look for redundancies where you may be able to save some money.
5. **Create lists** – Plan your meals and create a shopping list based on those meals. Avoid the impulse-buys when walking down the aisles or at the register. (This may even help you eat healthier too!) You can even shop your list online and pick it up without having to go in to the store.
6. **Cut down on spending** – Do a spending freeze where you only buy what you need—not what you want—for a week or a month and see how much money you are spending unnecessarily. Eat out less, brew coffee at home instead of stopping for a cup on your way to work, bring your lunch, etc.
7. **Stop keeping up with the Joneses** – Constant new technology makes us all want to buy the latest and greatest, but do you actually need that brand-new phone?
8. **Spend less time online** – Ads are placed in everything we look at online, from Google to Facebook to commercials to product placement in your streamed shows, causing you to impulse-buy. Also, spending less time online will free you up to develop other healthy habits! Go for a walk, or maybe read a book on finances or budgeting instead!
9. **Unsubscribe from email lists** – We've probably all ordered something one time from a merchant with no intent to purchase from them again, but then the 30% off emails start arriving, and you can't help but be curious. Unsubscribing from those emails you know you don't need will help avoid those purchases and remove the clutter of your inbox at the same time! Bad habits can be overcome with good habits.

Find more inspiration for healthy financial habits online at:

- <https://blog.risecredit.com/30-good-financial-habits-build-2019>
- <https://www.goodfinancialcents.com/good-financial-habits>
- <https://www.daveramsey.com/blog/the-secret-to-saving-money>