

# Flourishing in Prosperity

Integrating the Magical Steps  
to Wealth



20 Ways to Save Money

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# Flourishing in Wealth

## Ways to save money:

1. **Save your loose change.** Putting aside fifty cents a day over the course of a year will allow you to save nearly 40% of a \$500 emergency fund.
2. **Keep track of your spending.** At least once a month, use credit card, checking, and other records to review what you've purchased. Then, ask yourself if it makes sense to reallocate some of this spending to an emergency savings account.
3. **Never purchase expensive items on impulse.** Think over each expensive purchase for at least 24 hours. Acting on this principle will mean you have far fewer regrets about impulse purchases, and far more money for emergency savings.
4. **Use debit and credit cards prudently.** To minimize interest charges, try to limit credit card purchases to those you can pay off in full at the end of the month. If you use a debit card, don't rely on an overdraft feature to spend money you don't have. With either approach, you'll have more money available for emergency savings.
5. **Are you looking for an effective way to establish a budget?** Beginning on the first day of a new month, get a receipt for everything you purchase. Stack and review receipts at the end of the month, and you will clearly be able to see where your money is going.
6. **It pays to practice preventative dental care,** since a good cleaning routine helps prevent fillings, root canals, and dental crowns, which are expensive and no fun.
7. **Track your spending.** Most people don't track what they spend and may not realize when expenses add up to more than their budget can handle. Constantly keep track of what you spend to ensure you are not over-spending.
8. **Take advantage of discounts and/or incentive programs** provided through your employer. For example, some companies offer discounted rates for

computers. Check your corporate intranet or talk to your human resources representative.

9. **Savings.** One way to establish a savings discipline is to “save” an amount equal to whatever is spent on nonessential indulgences. Put a matching amount in a cookie jar for expenditures for beer, wine, cigarettes, designer coffee, etc. If you can’t afford to save the matching amount, you can’t afford the \$4 super almond low-fat latte.
10. **Putting things into perspective.** Take the amount the item costs and divide it into your hourly wage. If it’s a \$50 pair of shoes and you make \$10 an hour, ask yourself, are those shoes really worth five long hours of work? It helps keep things in perspective.
11. **Aim for short-term savings goals,** such as setting aside \$20 a week or month rather than long term savings goals, such as \$200 over a year. People save more successfully when they keep the short-term goal in sight.
12. **Write a list before you go shopping – and stick to it.** One should *never* go into a store without a strong idea of what one will be buying while in there. Make a careful plan of what you’ll buy before you go, then stick strictly to that list when you go to the store. Don’t put anything in the cart that’s not on the list, no matter how tempting, and you’ll come out of the store saving a bundle.
13. **Hide your credit cards.** Take your credit cards and put them in a safe place in your home, *not* in your wallet where it’s easy to spend them. If you argue that you need it for “emergencies,” just be sure to keep a small amount of cash hidden in your wallet for these emergencies. Don’t keep plastic on you until you have the willpower to not use it even when you’re sorely tempted.
14. **Don’t spend money just to de-stress.** Quite often, I used to spend money just to wind down from a stressful day at work. Instead, I’ve found that I quite often feel much better by going home and taking some quiet time just to stretch and then meditate. I end up feeling much more together, happy, and ready to face an evening with the kids in the right mindset than I ever would by just blowing some cash after work. Instead of spending to de-stress, try some basic meditation techniques, stretching, or yoga and see how you feel.

15. **Don't go to stores or shopping centres for entertainment.** Doing so is just an encouragement to spend money you don't really have on stuff you don't really need. Instead, find other places to entertain yourself – the park, the basketball court, a museum, a friend's house, or even in your own home. Don't substitute shopping for entertainment and you'll be way better off.
  
16. **Master the ten second rule.** Whenever you pick up an item in order to add it to your cart or to take it to the checkout, stop for ten seconds and ask yourself *why* you're buying it and whether you actually *need* it or not. If you can't find a good answer, put the item back. This keeps me from making impulse buys on a regular basis.
  
17. **Pack your lunch.** Instead of going out to eat at work, take your own lunch. Lots of people think that this means “nasty lunch,” but it doesn't. With some thoughtful preparation and just a few minutes of time, you can create something quite enjoyable for your brown bag lunch – and save a fistful of cash each day, too.
  
18. **Use left overs.** Huge savings can be made by ensuring you use any left-over food as the basis for another meal. Time to become creative with your menus at home using what is already sitting in your fridge rather than going out to buy more food.
  
19. **Look to secondhand stores or online stores for great bargains.** So many items can be purchased online or at a secondhand store for way less than what you may find in a shopping centre.
  
20. **Check out utility costs with a number of providers.** It is amazing how much you can save on your bills by simply spending a little time comparing prices, deals and rates with several companies.