

FOUR SPENDING HABITS WE ALL NEED TO BREAK

LiveWell
by BF&M

Spending Without a Plan

When you have a plan in place to live on *less* than you make and *save* for a rainy day, you're ahead of the game. Make a point of creating and sticking to your monthly budget.



1

Paying for Convenience

When you're paying for convenience all the time, you're letting your money slip between your fingers. This is most often seen with eating out.

Tip: Instead plan your meals ahead of time and pack your lunches. You'll be surprised how much you will save in a week!

2

Not Tracking Spending



Our fast-paced society and the rise of the digital era, makes it easier than ever to spend money, and then forget where it went!

You should always stay on top of your account balance, and have some sort of system in place to track your spending.

4

3 Making Impulse Purchases

Almost half of those who made an impulse buy reported experiencing buyer's remorse afterward. So beware those spur-of-the-moment purchases, for the sake of your bank account and your post-shopping guilt.



SOURCES

<https://www.daveramsey.com/blog/money-habits-we-need-to-break>