



## CAN'T SAVE MORE? WHAT'S STOPPING YOU?

"My paycheck's spent before I get it." "Savings accounts are barely paying interest, anyway." Excuses for not saving are a dime a dozen. Instead of rationalizing your spending habits, consider making small changes that will help you hang on to more of your money.

### Credit or Debit?

Rewards programs can make it advantageous to use your credit card for purchases — but only if you're disciplined enough to pay off your account balance each month. If you might be tempted to pay off only part of your balance or make only minimum monthly payments, you may want to stick with a debit card instead. That way, you won't be able to spend more than you have in your account.

### Account for It

Whenever you use your credit card, write down the amount of the purchase and keep a running total. Subtract the amounts you've charged from your checking account balance so you won't spend the money on something else. When the bill comes, you should have enough on hand to pay it.

### Fewer Visits to the ATM

Limit your spending by making ATM withdrawals on a set schedule — for example, once a week, once a pay period, etc. Resist the temptation to ask for cash back at the grocery store or pharmacy. At the end of the month, transfer any extra cash to your savings account.

### Can You Spare a Dime?

Make it a habit to put any spare change in a large jar or container. You may be surprised at how quickly the amount grows. At the end of the year, add it to your savings or put it in a short-term investment account.