

LOOKING AT YOUR OWN SPENDING

By simply spending less, you can start to save or to pay off debt instead of adding to it. For each way to cut expenses, give an example from your own spending behavior.

| Cut Expenses | Example |
|---|---|
| I can avoid impulse buying. | <i>Even though that jacket is on sale, I don't need it.</i> |
| I can buy less of it. | |
| I can buy it less often. | |
| I can buy a lower-priced brand. | |
| I can find it at a discount store, thrift shop, or yard sale. | |
| I can wait for a sale. | |
| I can save up to buy it and avoid high credit payments. | |
| I don't really need it so I won't buy it. | |
| I can buy something less expensive that will work just as well. | |
| I can say no to the extra features. | |
| I can be less wasteful with this item. | |
| I can substitute something less costly for this item. | |

By now, it's likely that you have some ideas about where you could spend less. Just take a guess: How much do you think you could save by changing your behavior in each of these areas?

Routine bills: \$ _____ per month x 12 = \$ _____

Habit spending: \$ _____ per month x 12 = \$ _____

Impulse buying: \$ _____ per month x 12 = \$ _____

Total: \$ _____