



SAVING IDEAS

The Top Five Tips

1. Set financial goals
2. Be automatic
3. Use benefit plans
4. Pay credit bills in full
5. Buy used cars

Old Standbys

- Use the library
- Turn off the lights
- Clip coupons
- Plant a garden
- Carpool to work

Food & Drink

- Drink tap water
- Order water when out
- Make your own coffee
- Bring lunch to work
- Eat breakfast at home
- Plan meals in advance
- Eat out less
- Swap babysitting duties with a friend

Financial Ideas

- Emergency fund
- Get the match
- Contribute to a Roth
- Increase insurance deductibles
- Use your flex spending account at work
- Use credit card with no annual fee e.g., Discover

Heating & Cooling

- Home energy audit
- Programmable thermostat
- Weather strip doors and windows
- Use ceiling fans in summer

Getting Your Financial House In Order

The Problem

Most people want to reach a point in their lives where they don't have to worry about money. The problem is money worries often have less to do with how much money you make and more to do with how much you **spend** and **save**.

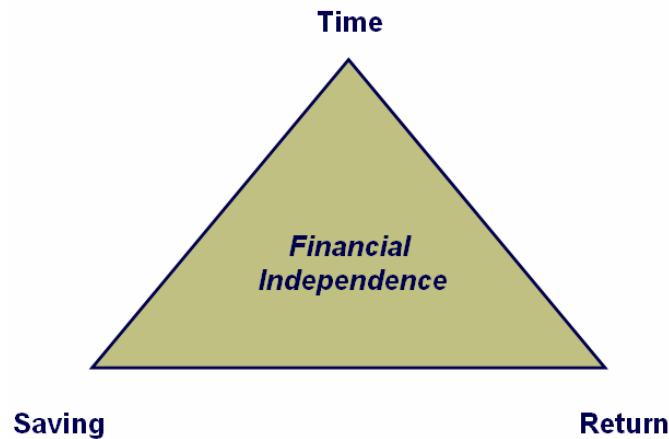
Reality-Check

Saving won't be easier tomorrow and it won't be easier next week, next month, or even next year.

The Solution

Start now! There's rarely an **easy** time to start saving, but saving can be easy if you follow the tips described in this document.

Elements of Financial Independence



The Surprising Cost of a \$3 Latte

A \$3 latte every day before work costs \$780 per year.

- Invested for 10 years at an 9% return: **\$11,850**
- Invested for 20 years at an 9% return: **\$39,905**
- Invested for 30 years at an 9% return: **\$106,320**
- Invested for 40 years at an 9% return: **\$263,548**

What's your latte?

Creative Saving

- Buy a big freezer
- Go to matinees
- Share a newspaper
- Turn down your water heater
- Wash clothes with cold water
- When old enough, assign chores to kids
- Save all your loose change

Shopping

- Shop off a list
- Combine lists with a friend and buy in bulk
- Wait 24 hours before buying anything over \$100
- Wal-mart honors all advertised specials

Cars

- Drive a car with the best gas mileage that fits your needs
- Have your kids ride in a carpool or ride the bus
- Drive your car until the repair costs are more than a car payment
- When you buy, put as much money down as you can
- Don't overspend, buy the least expensive car you can tolerate

FREE Resources

- ***Sailor Speak***, our free eZine
- **Chart Your Course**, our free financial goal-setting workbook

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