

Simple Ways to Start Taking Control of your Money – Right Now



Parker Financial Coaching

Commit to trying something new and make a change in how you control YOUR money. Most people do not know where their money goes! Mostly it comes in at payday and goes out with other people's names on it, oftentimes there is more "month than money". If you are tired of living paycheck to paycheck and feeling stressed about money try these simple steps.

Skip frequent trips to the gas station, coffee shop, or grocery store

- Gas up the car one time: at the beginning of the week, and you won't be tempted to go in for treats
- Get a favorite "to-go" cup and make that coffee, hot and fresh, at home.

Plan a menu and make a list for groceries

- Choose recipes that fit your lifestyle, time of year, and tastes
- Make a list! Grocery stores are great marketers, impulse buys and last minute "that looks good" wreck a budget
- Eat out of the freezer and pantry for one week
- Bring cash only and leave the debit card at home
- Use an on-line Grocery service – as you fill the virtual cart you see exactly what you are spending and they bring it right out to the car. You follow the list **and** stay on track with one of the biggest budget busters.

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Make One Small Change this week:

Bring your lunch to work on two days.

Carry mad money -\$20 and leave the debit card at home.

Play a board game, cards, or red box for date night.

Start to change the way you THINK about money – What does this cost me each year?

Snack at work: \$5 a day is \$25 a week, \$100 a month - \$1200 a year!

Cable TV: \$125 a month, is \$4.10 a day, \$28.70 a week, and \$1500 a year.

Save \$20 a week, is \$2.86 a day, \$80.00 a week, and \$960 a year!

Fully fund a Roth IRA (\$5,500) is \$211.54 in a 26 pay check year \$229.16 in a 24 pay check cycle.

It's not what you make, it's what you keep!

More Important News

To really win with money make a budget and have a 15 minute “discuss the plan time” with your significant other or an accountability partner

1. Total all of your MONTHLY income (from all your sources)
2. Identify the categories you pay monthly:
 - a. **Household:** food, utilities, mortgage or rent
 - b. **Vehicle:** payments, gas, and maintenance
 - c. **Dependents:** Childcare, kid costs, (tutoring, karate, dance) don't forget the fur babies
 - d. **Debt:** list them out and the payment for each
 - e. **Miscellaneous:** whatever else you pay for (BTW Christmas is coming)
3. Identify when each payment is due, and plan to pay your categories based on when payments are due, close to paydays
4. Try “zero based budgeting”
<https://www.daveramsey.com/budgeting/how-to-budget>

Make learning part of your daily routine and if you need help search out a reliable source of information. With awareness we can manage our money intentionally. If you can manage your money you can start to be in control and control leads to progress.

If you are worried about a possible recession here are some things you can do proactively

- Be out of debt!
- Increase your emergency fund (if you haven't started today is a great day!)
- Do everything you can to shine at work.

If you need some help, ideas, or more detailed information I offer a free discovery session to get you on the road to Financial Freedom.

My goal as a coach is to walk with you offering expert, tried and true information. I help people reach their goals by living on a smart plan and creating overall financial wellness.



Have an Emergency fund of \$1000

Have a Financial Checkup:

Put your house in order – review wills, insurance, investments, budgets and expenses, create a working budget and understand what type of insurance.

Attend an FPU class:

What could you do if you had no debt? If the line item for debt was freed up to spend on other things how could you use that money?

Own It! Be Intentional:

What do you want for your:

- Life
- Future
- Children
- Marriage
- Business
- Finances
- Faith Journey

