

Money \$en\$e

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A lively look at the values that drive our spending, and powerful strategies which reduce debt and restore balance. Learn to slow spending, rev up your resourcefulness and enjoy life more. Please join us!

Inspiring Role Models

Encouraging Stories

1. Beware of being indebted to envy
2. Budget can be liberating
3. Pinching pennies and clutching dollars

Budget Work Sheets

1. Personal budget sheet
2. Family budget sheet
3. Household Budgeting worksheet

Quotations about money, spending/saving and a worthy life

Supplementary notes to this workshop and tutorial

Keeping our lives in balance



Fundamentally two ways to deal with money:

1. Conserve it.
2. Make more of it.

Reduce debt

Think like a turtle and slow down.

You will reduce your debt if you can control spending on the newest fashions, technology and entertainment.



Learn from parents/grandparents

“Use it up, wear it out, make it do and do without.”

Trade with others, consider thrift stores and consignment boutiques.



Buy only what you need

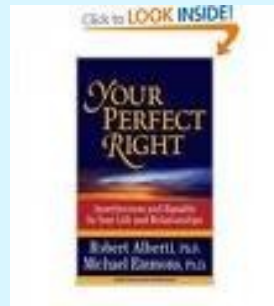
Discount clubs are great if you have big families , when buying in bulk makes sense.

If you don't have lots of extra money, you will feel stretched too thin and will wonder why you have 48 rolls of toilet paper and no money at the end of the month.

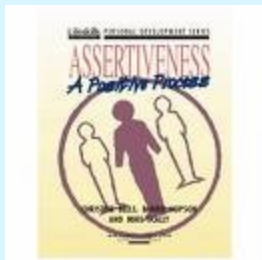
There are times when buying in bulk is NOT smart.



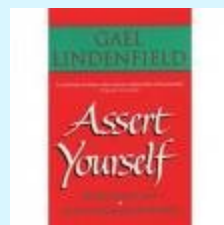
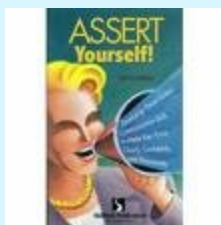
Get what you pay for



If you buy something that is defective and you have paid good money for it, then you must be sufficiently assertive to at least try to resolve the issue.



Some people are so passive or casual that they just toss the item out and assume they have to buy another one. At the very least, attempt to exercise your consumer rights.



Learn new skills so you can do things for yourself

Repair or renew things. Find alternate uses for items.

If the skirt doesn't work, but the jacket does, then hold on to the jacket.

The outfit is no longer in style, but it came with a nice belt and scarf. Then, hold on to the belt and scarf. These items are expensive to replace.

Make things at home if you can.

Instead of buying a gift, find a way to make something at home and wrap it attractively. Or combine, some homemade items, with some store bought items.



Read about creative frugality



Saving money does not mean living a dull and boring life. It can mean learning lots of fun new ways to accomplish things. You can use your imagination and resourcefulness and be sure that your product will be unique.

Embracing simplicity has unexpected rewards. Instead of feeling like a cog in the wheel of consumer spending, you can feel fulfilled as a creative spirit.

Learn new hobbies, low cost hobbies that are fun for you and that may provide a source of entertainment and or gifts for others. Or, substitute high cost activities, like gym membership with jogging, yoga, that can be done on your own.

Learn from the experts

Read what the experts have to say about decorating and fashion.

One book on shabby chic fashion, written by an interior designer, featured a sofa found at a thrift store that was purchased for \$5. The decorator loved the lines and color of the piece and worked the entire room around it!

Likewise, fashion designers will brag about finding a “fabulous” piece at a consignment or thrift store. Then they make \$\$\$ in books describing their originality.

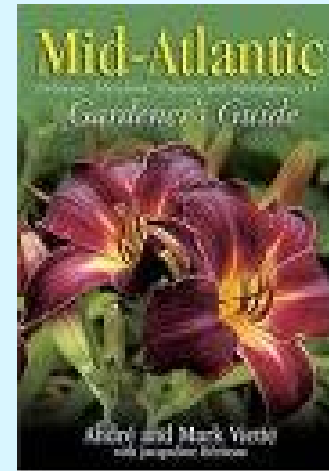


Cut the cost of entertaining and vacations

Avoid entertaining that puts a dent in your budget. Find suitable options that are still memorable and special.

Vacations (Skip some.)

- Slow your pace. Go for a shorter period.
- Stay with friends or family.
- Go camping.
- Take day trips. Pack food and come home.



Don't spend money you don't have

Avoid all of the enticements to spend money that will come in later.

These include many buy now pay later schemes, "6 months, same as cash," OR believing that you can continue to transfer debt to a new credit card.

There may be unanticipated expenses later that make paying the postponed debt impossible. Leave a margin that allows for periods of illness or unemployment.

Create a rainy day fund for emergencies.



Find alternative means to achieve the same goals



Challenge the basic assumptions.

Do you really need cable television, high speed DSL, 500 channels on DEMAND blackberries and sidesteps, shuffles and ipods???



Are there other more economical ways to stay in touch with family, to watch television and listen to music?

Fashion

It doesn't matter if it is high fashion, if it doesn't look good on you.

Learn the most that you can about your body type and the cut of clothes and colors that are most flattering.

If you are wearing colors and styles that emphasize your best features, you will look better than someone who has paid a small fortune for their outfit, but who has chosen cuts or colors unwisely.



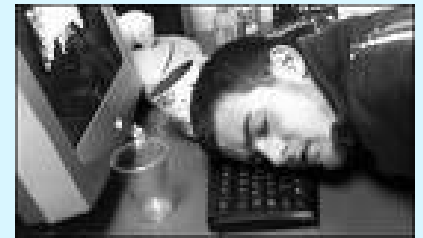
Work on good habits

If you are smoking, drinking and eating lots of fast food, you will not look your best.



Reduce your spending on these habits and ratchet up your health and improve your budget.

Get enough sleep so that you are not buying lattes, coffees and cola all day to keep yourself going.



Pack lunch and snacks to take with you.

Learn to get high on life.

Select activities that are meaningful.

Spend time with people who support the best you.

Resolve conflicts so that you are not hassled and spending money as a way of "rewarding" yourself.



Get in touch with your spiritual side



Some of the people with the most modest means, give the most to charity. Giving to others gives them meaning.

How long does “buying” something new, give you a feeling of satisfaction?

What makes you feel truly good about yourself? Most people prefer feeling loved, connected, appreciated to having lots of new things.

Work on deepening your connections to others and to nature and the spiritual side of your life and you may reduce your dependence on objects for meaning.