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Next

Six ideas that shaped physics solutions

Photo Courtesy: Kinga Cichewicz/Unsplash As the year draws to a close, people often start taking stock of their finances. Making a plan for getting your finances in shape is a great way to start off the new year. Smart money management requires more than just paying bills on time and clipping coupons to save. To make a real long-term difference, start with small, actionable changes. Whether you want to save more for retirement or reduce your debt, these 30 quick tips can help you get your finances in shape. List Your DebtYou can't start making financial changes if you don't know how much debt you have. Knowing how much you owe and how long you have to make payments will help you make a plan for paying off all the debts. To start, take a look at all your bills and outgoing expenses. Jot down any unpaid balances. Be sure to include all your credit cards, student loans, mortgage payments and auto loan payments. Photo Courtesy: conperdesign/Pixabay Once you have all your debts listed, make a plan for paying anything that is past due (if applicable). Once any past-due debts are paid, take a look at the debts with the lowest balances. Set Your GoalsGoals are important to your financial success. If you're feeling overwhelmed, don't worry about setting too many big goals. Start with small actionable items you can accomplish easily. Even if a goal seems too small to list, it isn't. Accomplishing 10 small goals will feel a lot better than having two large ones sit unchecked on your list. Photo Courtesy: TeroVesalainen/Pixabay Financial goals can be anything from packing your lunch for work four days a week to setting aside money for a down payment. Think about your small goals as stepping stones to your bigger ones. The more days you take your lunch, the more you're saving for your down payment. Conduct a Year in ReviewTo see where you can improve, take stock of the year you just had. Go through your bank statements to see what you spent your money on and how much you saved. Doing a yearly review can help you see how you're already doing. If there's room for improvement, you can use those details to set your goals. Photo Courtesy: Timisu/Pixabay A lot of calculators are available online — maybe even through your own bank — to help you total up your spending for the year. Some apps and systems can also categorize your spending. You can see how much you spent on dining and entertainment compared to groceries, for example. The numbers can be pretty shocking at times. Automate SavingsSaving can seem like an overwhelming process at times. Although saving money may seem hard, it doesn't have to be. Without even looking at your expenses and your budget, you can probably automate some small saving amount right now. Start with \$25 a month. Simply go into your bank account and set up an automatic transfer of \$25 from your checking to your savings account on a specific date each month. Photo Courtesy: Timisu/Pixabay Once you lay out your goals and take stock of your debts and expenses, you can go back and adjust that number, if necessary. If possible, bump up your automatic savings amount to \$50 or \$100 a month. The key is to make the process automatic, so you won't even miss the money.Keep Track of Your SpendingKeeping track of your spending is probably the most important thing you can do. If you're just spending your money without any transparency, you're probably not saving and investing as much as you could. You may also be paying for things you don't even realize you're paying for — subscriptions you no longer use, for example. Photo Courtesy: Stevepb/Pixabay Tracking your spending doesn't have to take a huge spreadsheet. Various apps and automated systems can help you do this for free. Make it as easy as possible so you won't put off doing it. Tracking spending helps hold you accountable, and it helps you easily see where you can cut back on spending. Pay Down as Much Credit Card Debt as PossibleHaving a lot of credit card debt is a problem for several reasons. Not only does it lower your credit score, but it will also cost you a lot of money. When you have credit cards that are almost at their limits, lenders see it as a problem. To them, it's a clear sign that you're overspending, which doesn't make you look like a trustworthy candidate for a loan (should you need it). Photo Courtesy: jarmoluk/Pixabay The other problem with high balances on your credit cards is that the interest charges will cost you a ton of money over time. Before you put money anywhere else, focus on paying off your credit cards. Use AlertsTechnology can be your best financial assistant. Tons of apps as well as features offered by your own bank allow you to set alerts for any number of things. Let's say you set an alert to notify you every time you or your spouse spends more than \$100. Now, when your spouse spends \$200 on a new jacket, you are notified, which helps you track your spending and stay accountable for your spending choices. Photo Courtesy: JESSHOOTS-com/Pixabay You can also set alerts to remind you that you need to pay a bill or cancel a subscription service. This helps you stay on top of payment due dates and avoid expensive late fees.Take a Day Where You Spend No MoneyAlthough it may seem impossible, occasionally try to avoid spending money for a full day. Chances are good that once you do it, you'll want to do it again. You may even decide to make a monthly or weekly habit of it. Photo Courtesy: tookapic/Pixabay Not spending any money feels liberating. Your finances will be under your control for the day. To set yourself up for success, make sure you have groceries and plan to spend the day at home. Take the day to go for a run, walk your dog or binge-watch your favorite shows. Eat at home and invite friends over if you're feeling stir-crazy. In fact, you probably have some friends who need to save some money as well.Meal PrepMeal prepping is all the rage right now. Although it may seem overwhelming to cook an entire week's worth of food on a Sunday, it doesn't have to be. Focus on quick, healthy meals that are easy to make and prepare on the fly. Choose a few main items that can be used for several meals. Be sure to come up with different preparations and recipes so you don't get burned out and order a pizza. Photo Courtesy: JESSHOOTS-com/Pixabay The point of meal prepping isn't to have a five-star meal every night. It's to have quick meals ready to go in a short amount of time at home so you aren't tempted to eat out, which is both expensive and unhealthy. Kick Up Your Retirement SavingsIf you haven't looked at your retirement savings in a while, it's probably a good time to take a peek. Every year, you should be looking at your accounts to see how much you've contributed. If you're like most Americans, you probably aren't saving enough for retirement. Photo Courtesy: qimono/Pixabay If possible, go into your retirement account and kick up the percentage of your contribution. It's always best to choose the maximum percentage if you can afford it. If your employer matches your contribution, this is especially important. An employer match is free money. The best part is this whole process can usually be done on your phone or online in less than five minutes.Make a Tax FolderMaking a tax folder is one of those underrated organization habits, but you'll be grateful you did it when tax time rolls around. To start, make a folder on your desktop or on a secure cloud server so it doesn't get lost if you switch computers. Next, start saving all your important tax documents in this folder. Photo Courtesy: stevepb/Pixabay Tax documents include obvious items like your W2s and 1099s, but you may overlook additional documents like those relating to charity contributions. If you ran a 5K in the summer and donated \$100, you probably got a receipt from the organization. As soon as you get these types of items, save them in a hard copy version of your tax folder. Use Cash to Buy If you're having a hard time setting a budget and sticking to it, stop using your credit cards. Instead, take cash out of your bank account and designate it for certain things. Let's say you only want to spend \$100 at the grocery store. Take \$100 out in cash and leave your cards at home when you go to the store. If you pay using a card — even a debit card — it's far too easy to ignore your budget and pay more than the \$100. Photo Courtesy: nosheep/Pixabay You can use envelopes to designate cash for most expenses. You can take cash to pay for dinner out, shopping trips and lunch money. If you really want to make sure you can't overspend, leave your credit card or debit card at home.Use a Hidden Bank AccountHaving a checking and savings account at one bank is convenient, but it may be too tempting to spend your savings or transfer money. In addition to your main account, it's a good idea to open a savings account at another bank. You will have to manually deposit money into your account, but you'll be less likely to touch it after that. Photo Courtesy: philm1310/Pixabay Make sure you don't get a debit card or checks for the account, of course. If it comes with starter checks, store them somewhere safe and out of sight. Set a monthly reminder to put a certain amount of money in your savings account. Once a year, take a look to see how much the balance has grown.Cancel SubscriptionsChances are you're paying for at least one monthly subscription you aren't using. Go through your expenses and take stock of everything. From music streaming to video services you don't watch, write them down and start canceling. Photo Courtesy: rawpixel/Pixabay If you're paying for three online music services at \$10 each, canceling two of them frees up \$20 a month. That's \$240 a year you could be saving or investing. This also applies to gym memberships and group fitness classes. If you pay for a gym with free classes, stop paying for the separate yoga class every month and go to the free class at the gym.Update Your Beneficiary InformationUpdating your beneficiaries is one of those boring adult tasks that often gets forgotten. The end of the year is a great time to update this information. Let's say you've gotten married or had a child. You'll want to include your spouse or your children as beneficiaries. Photo Courtesy: smpratt90/Pixabay Beneficiaries are often on multiple folders. 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