

# #MoneyWize

EBOOK SAMPLE



**FREE TO GROW**

*Igniting purpose, passion and potential for growth*

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“Money should be the key, not the destination.” Unknown

# The role of money in our lives



It is often said that money is not the most important thing in the world. For many people, however, it is right up there next to air in importance. These are not necessarily overly-materialistic people. Rather, they simply understand the true value of money. Money, in and of itself, is not very spectacular. What money can do for you is what is really important. Money gives you freedom and choice.

“Money is only a tool. It can take you where you wish, but it will not replace you as the driver.” Ayn Rand

## The impact

What is the impact of your current financial position on your life? Reflect on how much of each of the following symptoms of financial pressure you experience and indicate this with a 0 (Do not experience this), a 1 (Experience some of this) or a 3 (Experience much of this).



### Anxiety, stress & depression

Worries about personal finances can make you anxious and cause you to avoid the phone for fear of calls from debt collectors. Significant financial stress could even send you into a depression. If you are experiencing financial difficulty and find yourself filled with anxiety and experiencing significant feelings of sadness that won't seem to lift, this may be an indication that you are depressed.



### Negative impact on productivity

When you are worried about your personal finances, it becomes more difficult to focus on your work. Your thoughts keep wondering and go around in circles. Financial problems can also creep into your work; many people with financial problems spend some of their time at work attending to their personal finances.



### Physical problems

Financial stress can impact your health and become visible in symptoms such as headaches, muscle tension and even, on the longer term, ulcers.



### Strained relationships

One of the top arguments couples have is about finances. If you and your partner are fighting more about money, this may be a clue about the state of your financial health. Money trouble can also be the source of fighting among friends and family – especially when it comes to expectations surrounding lending money and the difficulties that come with the ability to repay the loan.



### Absenteeism

Missing work occasionally due to financial emergencies.



[5 Signs That You Are Under Too Much Financial Stress](#)

“The person to whom things are brought does not know the length of the road.” African proverb



What it is and why it happens  
hallmark of lifestyle creep is a change in thinking and behavior that sees spending on nonessential items as a right rather than a choice. This can be seen in the spending decision attitude of “you deserve it,” rather than thinking of the opportunities that saving money would provide.

Lifestyle creep can start small – ordering a more expensive bottle of wine at dinner, or buying a bag or electronic item you do not really need – but can quickly extend to more extravagant habits. Easily accessible credit and the use of credit cards, which enable bigger purchases, may contribute to lifestyle creep.

✓ the box/es of which you are guilty.

1. Buying take away coffee every day
2. Buying magazines
3. Eating out frequently and more expensively
4. Expensive clothing (and more of it when less expensive clothing will suffice)
5. Having salon treatments (Nails, hair/grooming)
6. Buying prepared food
7. Buying take outs
8. Gym memberships that are not used
9. Domestic help when you & the family can do this yourself
10. Buying expensive gifts (on credit) when an inexpensive/cheaper gift is as good

“A little worm may eat a big tree.” Namibian proverb