

Money Practice

Saving Money



SAVE:

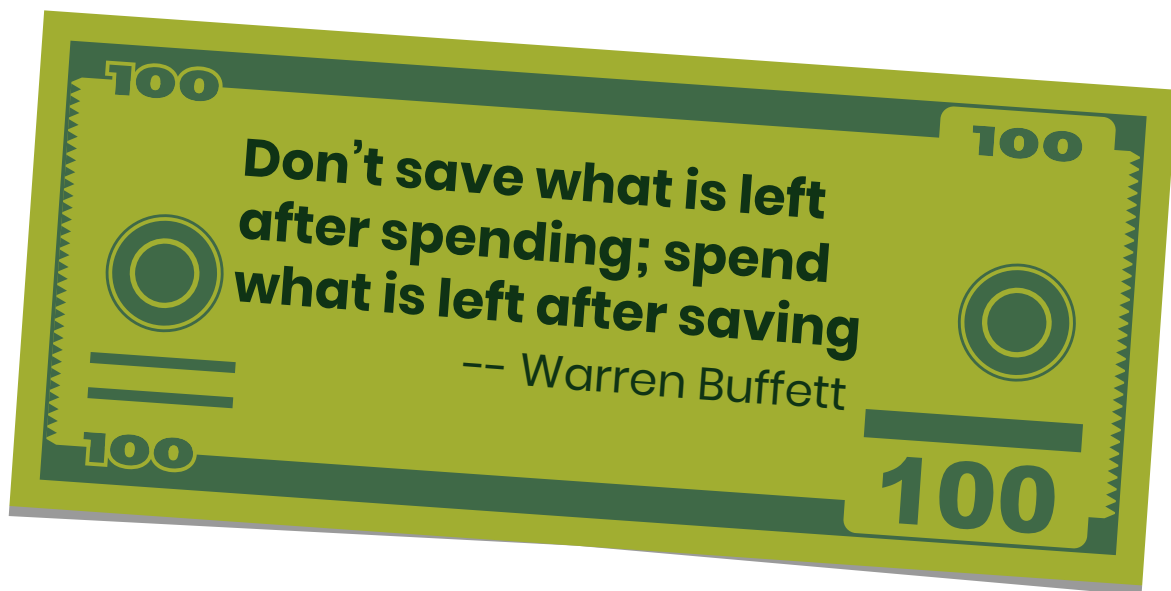
to keep safe or rescue, preserve, to protect

Saving money is an art...and a habit...and nourishment to our nervous system! When we create cushions of money to “fall back on” when life happens, it is an act of self care.

How Do We Begin To Save Money?

First we begin to save with an INTENTION. WE MAKE SAVING A PRIORITY AFTER EARNING MONEY. Remember that old saying, “Pay Yourself First!” So we begin to pay ourselves FIRST, even if it is \$1...because we create a neural habit in our brain that saving money is important. Over time, we solidify the habit in place (most important part) and increase the amount of money we save.

AND what we do accumulates...when it comes to all aspects of our lives, yet here we are talking about saving money.



So Here Are Some Beginning Steps

1. **OPEN** a bank savings account, so your money has a home to go to.
2. **PURPOSE** your saving of money. What are you saving for? I invite you to consider three types of savings. Savings for things other than regular monthly expenses, such as vacations, holidays, auto repairs and things of this nature. A savings for emergencies, like job loss. AND lastly, savings for retirement. How much you start with isn't as important as just starting!



3. LOOK at each of your savings / investment accounts every month. Notice their trends, up or down. Notice the target amount you desire in each savings / investment account and strategize on how you are going to meet that target.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bank Periodic Savings												
Safety Net Savings												
401K												
IRA												

4. CHECK IN with your nervous system and see how you feel, having a cushion of money to support you, allows your nervous system to take a big breath. WHY? Because psychologically, when you have money saved, you have removed the threat of placing yourself in survival mode, should something unexpected happen. Your nervous system does not like being in “survival mode” over a sustained period of time.

5. DEPEND ON your savings to fund your desires like vacations. DEPEND ON your savings to fund your emergency back up plan. DEPEND ON your investments to grow for you and to protect you down the road. DEPEND ON YOUR SAVINGS INSTEAD OF A CREDIT CARD, A PARENT, A BANK LOAN OR ANOTHER FORM OF FINANCIAL RESCUE.