

10 Ways to Save More Money

We all have reasons to save money.

Sometimes we're triggered by a big credit card or power bill. Other times, it might be because we'd like to take a long holiday, or buy a big ticket item, like a car.

Whatever your reason, here are 10 tips to help you stay on track.

1. **Make it a fun challenge:** Instead of seeing saving money as a chore, turn it into a fun challenge. Attach saving money to a specific, inspiring goal like saving \$5,000 by 30 June.
2. **Buy second hand, or wait until an item goes on sale:** It's amazing what you can find and buy second hand these days. Be sure to check websites like eBay and Gumtree. You can often get used and new goods at very cheap prices. I've bought many of my kid's school uniform items second hand, and most of their clothes and shoes, which they outgrow every year, on sale.
3. **Sell or swap unwanted goods:** You might be surprised at how much you can get for your unwanted items, whether you choose to sell through a website like eBay or Gumtree, get a market stall, hold a garage sale, or a car boot sale. I've often passed on my children's outgrown clothes to friends' children – and accepted hand-me-downs. Kids grow so quickly that they often only wear items for a season, so most things are still in good condition by the time they don't fit anymore.
4. **Grow or make your own:** Making your own morning coffee or lunch; growing fruit or vegetables; making sauces and jams, or household products like cleaning items or toiletries... They can all quickly add up to great savings – and give you a sense of pride or pleasure too.
5. **Turn a hobby into cashflow:** If you enjoy cooking or art, for example, you can sell your creations at markets, online or through word-of-mouth. My entrepreneurial daughter sells her art creations door-to-door to our neighbours, and has a wall gallery at home too, so anyone who visits and notices her artwork is asked if they'd like to buy one.
6. **Choose to automatically save 10% of all income earned:** Set aside a fixed amount of your income automatically, or consciously, each month. Divert these funds to another bank account, like a holiday or bonus saver account, and you'll accumulate savings before you know it.
7. **Use Emotional Freedom Technique to curb any self-sabotaging behaviours, like impulse buying or overspending:** Some of us are really disciplined and head out to the shops with a list. If this isn't you and you have a habit of impulsively buying things you don't really need or can't really afford, then learning a technique like EFT will help you to curb your unhelpful behaviours.
8. **Simplify:** Whenever making purchases, have a think about whether it's something you'd just like to buy or need to buy. If it falls into the first category, consider what impact it will have on your savings.
9. **Borrow or share instead of buy:** There are lots of different ways to do this. You can borrow from friends, libraries or share the cost of equipment or tools, like a lawn mower, with a neighbour. If you're a dog lover, but can't afford to buy your own dog right now, take a look at dogshare.com.au.
10. **Teach your kids about money:** Anyone with children will know they can be expensive. The sooner you can teach them the value of money, the better. Start posing questions like, 'how many weeks of saving your pocket money would it take to buy that?' or, if they have a job, 'how many hours would you have to work to afford that?'

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au. To find out more about how you can work with me personally, call me on 0411 471 941 or (08) 8338 3134 or e-mail tania@blueskycoaching.com.au.



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