



How Can You Avoid Overspending?

Keeping up with the Joneses is a slippery slope that can lead to a lot of unnecessary spending, keeping you from reaching your goals for debt resolution, saving, and investing.

In the following scenarios, think about ways you could stop yourself from overspending.

Scenario

How to Avoid Overspending

1. A friend invites you to dine at an expensive restaurant that doesn't fit your budget.

2. You're invited to a destination wedding at a pricey resort, but you'll have to pay for the whole trip with a credit card.

3. Your car broke down, and the repair costs are high enough that you need to consider getting a new vehicle.

4. An expensive item you want is on sale but still over budget.

5. Winter holidays are approaching, and you feel compelled to give gifts to family, friends, coworkers, etc.

6. You've been approved for a surprisingly sizable mortgage loan, but the monthly payments would account for more than 30% of your income.

7. Every time you're at the grocery store, you end up exceeding your budget with impulse buys.