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MONEY \$ MATTERS

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MIND OVER MONEY

CHANGING YOUR MIND, WILL CHANGE YOUR MONEY!

Changing the way one views, spends or handles money begins in the mind! Last month, the lesson came from an article about a woman who gained or won a lot of money and then lost it all. The challenge was to learn lessons from what happened to her and implement in one's everyday thought process.

The acquisition of money and the distribution of money begin and end in the mind. It's nothing like a few months in a tough financial spot, being without or living check to check that make one think about the things done wrong, the places the money was spent or not spent. The thing is often as hard as those moments can be for one, they don't last and neither does the responsibility one feels. As much as one will declare what he or she will or will not do upon receipt of money saying it is one thing but doing it is quite another. Money comes with a spirit, a spirit of expectation, spirits of demand, spirit of desire, spirits of lust, competition, and more. It takes incredible discipline to not give in to 'wants and desires' and distribute money as it should be distributed. To work against one's emotions and accomplish the mission or task isn't easy and it's that struggle that costs one more than he or she has to lose or spend.

Overcoming those spirits isn't easy but it can be accomplished:

- 1) Notice the change in terminology, not spending money but distribution of funds. Sounds more professional, more business. Businesses distribute funds people [poverty minded] spend money. *When one views his or her finances more like a business, it changes the way the money is distributed.*
- 2) **Set a limit of distribution**, don't spend up to and all one has. For bills or accounts payable, make arrangements that are reasonable and doable. Make a plan for the month and then distribute based on how often one is paid. Always make room for items one needs to survive: gas, grooming etc.... Nothing sends distributions out of control faster than one feeling deprived of the simple things in life. Be reasonable and don't live above the income received. Balance
- 3) **It's an old saying but it works, save a dime out of every dollar**. If you find yourself in a tight already chances are saving \$30 out of a \$300 check isn't going to make a huge difference. So instead of distributing the funds save them. Money attracts more money. It's a small start but a start nevertheless.

INSIDE THIS ISSUE

It's a MIND THING

Maturing in Money

Savings, Investment



NOW OR LATER

No one likes to wait, whether it is new clothes, a new handbag a new car or new home; waiting seems like an eternity. So running to the rescue, rent-to-own places and while it may seem like a quick fix to a never ending problem, but it creates more problems than one can imagine. Those places ask for stubs, pay dates and how often those pay dates come, so before one can even strategize the distribution of funds there is a hold on the funds. Cash flow is significantly hindered not to mention that one will pay for the product five times it's worth or cost before owning it. If this were the 70's it would be the equivalent of borrowing from a loan shark where missing a payment means losing body parts. It may as well be the same way now, because missing payment is detrimental, costly and equals a waste of funds.

Layaway or waiting are also options, better less costly ones. Getting everything one wants right away isn't always the best option, especially financial sound options, which is the goal. LATER IS BETTER, especially when 'Now' is overpriced.

Too often people over think savings trying to reach or achieve such a large amount at one time and when they are unable to meet the goal; the starting date of savings is pushed back over and over until there isn't any savings. Don't despise small beginnings a small start in saving is better than not at all. In the beginning it's not about the amount but about accomplishing the goal to start saving! It's about the self discipline controlling one's ability to not spend or distribute all one receives. Most people waste more than 10% of their earnings so instead of spending, this is the first investment for the future and breaking a cycle of spending to begin the lifestyle of distributing funds.

4) Write the budget, make it plain. Don't distribute funds in your mind! Trying to remember every bill, its due date etc... isn't what your mind was created to do. The mind is a creative entity so remembering mundane details that can be written, entered on a computer or smart phone is a waste. Businesses have structure this is a first step of implementing structure in your business, your personal business to change the way you view the money earned.

5) Don't spend money you don't have. The anticipation of a raise, a bonus, income tax returns or even a child support check are all other streams of income that add to what one already has; however spending any of them before you have them create a strain on cash flow. You know, you spend the money you have now in hopes or expectation of funds to come, never wise. In 9 out of 10 cases, especially when you need it the most that check will almost never come on time and create frustration, aggravation; the kind of aggravation that leads to more stress. Spending before hand is costly: overdraft fees, bounced checks, disconnections and before one realizes it the extra that was going to be used to get one out of debt or to ease the tension is now spent and its full value never realized.



So maybe you aren't where you desire to be, or one can even be at a certain age and feel that he or she has yet to reach full potential; either way it's never too late so don't give up. There are many ways to give up and one of the most common is the acquiring of stuff to overcompensate or hide what one can feel is failure. Pretending to be where one isn't will never overcome or be a replacement for simply achieving the goals and reaching full potential.

It's good to not be satisfied with where one isn't but don't fake it, become it. Better late than never so start today filling those voids the right way. Making a few lifestyle changes may not make you popular but it will move you from pretending to be to becoming the best you! Stop spending what you don't have to impress people you don't like [and don't like you].

In the end, it's all about those you loving you enough to become financially independent and empowered not impressing others.

PUT THE WORK IN

START SAVING, EVEN IF YOU SPENT EVERY DOLLAR, CHANCES ARE IT WOULDN'T MAKE A DIFFERENCE IN A PAST DUE BILL, SO SAVE. IT'S NOT ABOUT THE AMOUNT IT'S ABOUT THE FOLLOW THROUGH ON THE ACT OF SAVING.

PREPARING THE NEXT GENERATION BETTER

WHEN DID YOU FIRST LEARN ABOUT MONEY, FINANCES?

Children learn by example, by what they see. One can say all the right things, have all the answers and despite a parent's best efforts children still manage to ignore what is said and follow what they see. Whether a single mom, married with children, single fathers it doesn't matter the scenario; tough financial times fall on anyone at any time. When it comes to finances, the approach by parents varies; some seek to hide financial difficulty while others suffer so much that hiding the financial problems isn't an option and sometimes people fall in the middle either way children see tough times. That's not always bad. People grow through adversity and likewise children. Instead of hiding financial situations it is critical to their growth to teach them about money.

Most parents know more and better than what they actually practice everyday. However the children is the place to correct the past and ensure a bright future. It does no good to buy and keep up life insurance policies leaving thousands of dollars to children who have no real concept of money. Start now breaking the cycle of poverty with your children.

- ❖ Teach them to save! Don't encourage them to spend birthday money or holiday money all the time. Children ask for stuff everyday, all the time, teach them the art of saving so they will learn not to give into every whim.
- ❖ Help them count money and show them how much things cost. Money doesn't have value until we give it value by attaching cost to material items. You want your children more appreciative then let them see the cost associated with their desires.
- ❖ Don't give, let them earn, not everything but some things.

Cycles of handling or mishandling funds can only be taught in the home!

It's not too late to change the next generation if one starts today!