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Dear Clients & Friends of Cornerstone:

Developing good financial habits requires discipline and determination. This month's article outlines 10 key areas to focus on to turn bad habits into good ones. These steps are simple but effective in creating long-term financial stability. This is a great article to share with your children and grandchildren, as we all know that the earlier we begin practicing good habits, the longer they stay with us.

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- Cornerstone Capital Advisors

10 Habits Financially Stable People Have

Money By Casey Imafidon

Keeping your financial life stable requires some discipline and development of good financial habits. We all do not want to be in a financial hole that leaves us emotionally and psychologically devastated. It is better to protect our finances when we can, before situations cause our money to slip away from our fingers. That is why it is important to learn a thing or two from the financially stable.

1. They don't spend impulsively

Money has a way of engaging us. This apparently happens to a big problem for us all as we want to take advantage of the "easier" life. Impulse spending means eating out and shopping extensively until we drain our finances. Financial stability can only be attained when we control and monitor our impulse spending.

2. They save money

Financially stable people spend less than they earn. You may not have abundant capital but you can indulge in the right and important things and not overspend. This affords you the opportunity to save money. So learn to negotiate phone, cable and utility bills. Or simply reduce how much you spend on grocery, restaurants and clothing.

3. They track their spending

They monitor their spending. This can be done occasionally. Perhaps once a month you can write how much you have spent, and see what areas you are running deficient. When this is done one can understand how efficient he is using up his finances.

4. They invest

Financial stable people do well to secure their future. Even when retirement isn't lurking nearby you can start setting some money outside in deposits for investments

5. They eliminate and prevent debts

All debts are not the same. A loan that builds with high interest is not the same as low interest loans such as mortgage and student loans. Debt has a psychological effect that works against the debtor, so it is better to eliminate or prevent debts. Know how much you owe now, whether it is a car loan or credit card debt.

6. They budget

Financially stable people budget their income. By using a budget they are able to ascertain where their money is going to and seeing that it goes to where they actually want it to go to. With apps like Mint and You need a budget you can take charge of your budget and start becoming accountable for it.

7. They respond automatically

Yes they do not procrastinate with their finance. They do not delay in the paying of their bills. By doing this there is no room for debt growth and affords you the opportunity to know what money can be used for personal expenses.

8. They give up bad habits

This takes some discipline. But financially stable people understand that bad habits have a way of eating into their income and robbing them off their future joys. Things that truly make you happy are inexpensive and do not leave you swimming in financial wreckage.

9. They plan

There are special things or activities that you would want to reward yourself with. It could be buying a house, buying a car, going on vacation. This could be long term goals that require you to efficiently plan and achieve them. Instead of simply procrastinating, put numbers and dates on those goals. By doing this you can be consistent and see them to fruition.

10. They take care of their health

Financial stability requires some responsibility. You cannot accomplish nor do much without protecting your vehicle to success, besides medicine is expensive, from medication, examination to treatment. Financially stable people protect their finances by also protecting their health and ascertaining a healthy lifestyle. We all do know unforeseen occurrences can happen but please there are things one can manage and are still in your control.