



SET GOALS TO SAVE MORE

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What would you like to save for—a new laptop, a car or maybe a down payment on a house? If you're having trouble making it happen, try getting specific about your goals and time frame.

WRITE YOUR GOALS DOWN

The first step is to write all your savings goals down. Be as specific as possible, such as, "I want to save \$20K for a down payment on a house," or "I want to save \$1,500 so I can take a great vacation this summer." The point is to get it all on the table. You may have one goal. You may have 10. But once you've got your list, you can think about what's really most important to you.

SET A TIME FRAME

Once you've written down your goals, think about how fast you'd like to achieve each one. This is important. Put the target dates on a calendar, and figure out how much you'll need to save, per month or per paycheck, to reach your goals in your time frame.

FIND THE MONEY

If it's not obvious where this savings will come from, take a look at your expenses and see what you can cut out or cut back on. It's amazing how creative you can get. You may have to give up some things like driving everywhere and eating out. But you can also save money by doing things like swapping clothes with friends, listening to free Internet radio instead of buying new music, and fixing things instead of buying new stuff.

The point is, you don't necessarily have to give up doing the things you love, you just have to find cheaper or free ways to do them. The good news, all those little savings add up—and it IS possible to reach your goals.

KEEP AT IT

Setting up automatic transfers to a savings account can really help—especially when your willpower is wavering. And even if you hit a few setbacks along the way, keep going! These techniques really work for any savings goal.



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