



# PREPARE FOR ANYTHING: PAYING YOURSELF FIRST

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Paying yourself first isn't only about setting aside cash for emergencies; it's about putting you in control of your money so you can build the financial future of your dreams.

## ***PAY YOURSELF FIRST? WHAT DOES THAT EVEN MEAN?***

It's simple. Paying yourself first means you treat deposits into your savings and investing accounts exactly like non-negotiable bills — no different from your rent, utilities or insurance payments.

The pros like to call this a systematic savings plan, and you can start your own in just 3 easy steps.

### ***1. GRAB YOUR BUDGET***

If you don't have a budget, it's time to make one. A preliminary budget gives you a snapshot of money coming in and going out and gives you a clear picture of how much disposable income you have to set aside for savings and for fun.

### ***2. GRAB YOUR CALENDAR***

By looking at a calendar, you'll be able to identify days you can schedule automatic transfers or deposits to your savings and investment accounts so that you don't find yourself unintentionally overextended at any point in your monthly cash flow. If you find that many of your different bills' due dates are clustered, you can call and try to renegotiate payment dates to balance out your cash flow during the month.

### ***3. SET UP AUTOMATIC DEPOSITS***

Because you're a very busy and important person (aren't we all?), you should set up your savings and investing deposits as automatic transfers from your checking account or automatic deposits directly from your paycheck, so you don't have anything to remember and nothing to forget.



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