

TIPS TO MAKE MONTHLY BUDGETING SIMPLE

Budgeting doesn't have to be complicated and time-consuming. Use these simple tips to help make it a hassle-free, rewarding exercise:

TRACK YOUR SPENDING FOR A MONTH

This will show you exactly where your money is going and how even small amounts add up.

LOOK AT THREE AREAS OF YOUR MONTHLY SPENDING YOU CAN IMPROVE ON

Most of us don't overspend in all categories, but only a few. This could be cellphone usage, buying clothes we don't need or going out too often. Having tracked your spend for a month, these areas will show up. Choose three of these and start controlling your spend there.

MAKE SAVING YOUR TOP PRIORITY

Remember your goals and that the reason for your budget is to save.

ALLOCATE PERCENTAGES OF YOUR INCOME

Trying to make a thousand and one changes will most probably not work but one realistic goal will create a knock-on effect. Start with one meal such as having a piece of fruit with your breakfast every work day for the next two weeks.

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Healthy Company is here for you. Contact us through the Discovery app, www.discovery.co.za or 0800 320 420