

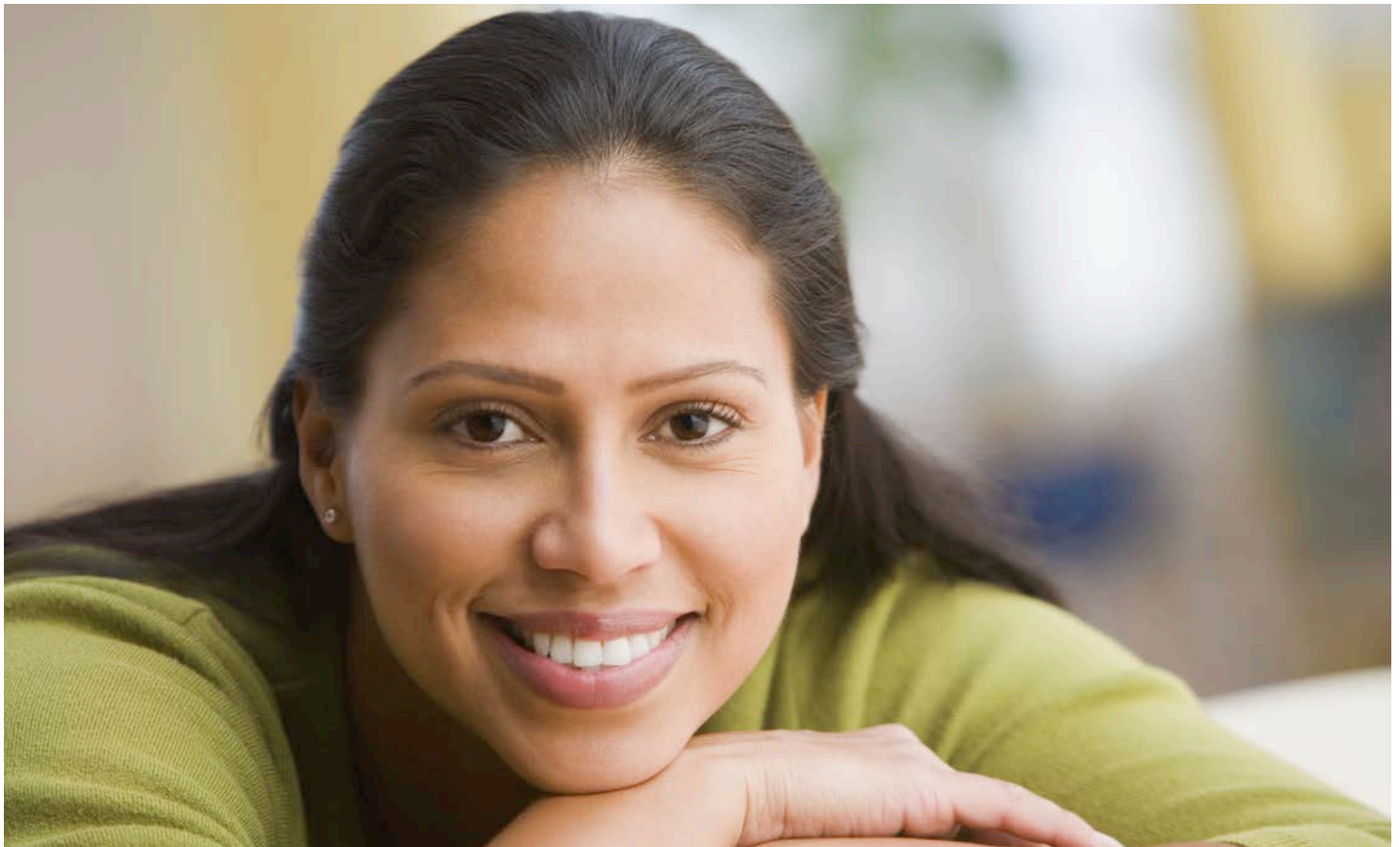


Consumer Education Services Inc.

## #CESIChallenge Series

# Guide to Saving More and Making More

This guide was created to help you live a happier, more comfortable life by saving on monthly expenses and finding ways to generate more income.



**#CESIChallenge Series** – Show your finances who's boss with our interactive edition of free financial tips you can put into action today. How much can you save? Take the challenge!



## First Things First: Tips to Scale Back

Month after month they come back without fail. Whether they're automatically drafted from your bank account or delivered to your home, they need to be paid. Monthly expenses are a part of our lives we all need to manage.

We know how quickly these monthly expenses can add up and before you know it, you can be living paycheck to paycheck and working just to keep up with expenses. The good news is, it doesn't have to be that way.

That's why we've compiled this handy list of simple tips to help you save money on your monthly expenses. And even better, we've included a bonus section on generating more income at the same time! **Lighten the load of your monthly expenses today with these actionable tips.**

# Save Energy, Save Money



According to the Department of Energy, heating and cooling costs account for about 48% of the energy use in the average American household.

**1 One of the biggest money savers is insulating your home properly** particularly your attic (if you have one). When shopping for insulation, look for higher R-values for greater insulating power.



**2 Replace or clean air conditioner filters** at least once a month for better energy efficiency.

**3 Check your home for any air leakage** and use expanding foam or caulk to help with insulation.

**4 Many local power companies offer complimentary energy audits** to see where problem areas are and how

you can save money. Some will even offer you rebates or credits towards insulation!

**5 Invest in energy efficient lightbulbs such as LEDs or CFLs.** They typically use about 25-80% less energy and last 3-25 times longer.

**6 Set your water heater to 120°F** for maximum efficiency and comfortable hot water.

**7 For laundry, always use cold water,** clean the lint collector between washes, and clean the hot air duct leading out of the house regularly.

# Talk Can Be Cheap



Having a cell phone comes with a hefty price. Between minutes, data, family plans, taxes, and fees, **the average American is paying \$110 per month or more!**

- 1 Take a close look at your bill and question every line item.** Speak with a representative about your service. Chances are, they will find some wiggle room to keep you from switching carriers.



- 2 If you have a landline and the only calls you receive are from telemarketers, cancel it.** If not, just cancel extras like call waiting and long distance.
- 3 Explore alternatives like VoIP** (Voice over Internet Protocol), which can be much less expensive.
- 4 Consider bundling your services by setting up a family plan or having internet and cable through the same provider.** Carriers usually offer plenty of cost saving incentives!

# Life in General



**The average American spends \$232 per month on eating out.**

- 1 Buy non-perishable items in bulk, use coupons and make your own meals at home.** Believe it or not, [you can make delicious \\$10 family dinners at home.](#)
- 2 If you are going to eat out, look for coupons, Groupons, or check Restaurant.com to cut costs.** There are so many coupons available for eating out!
- 3 Cancel your cable.** Who wants to watch all of those commercials anyway? With a smart TV or Netflix, you can save upwards of \$100 month! Hulu, Amazon Prime, and SlingTV are other great alternatives.
- 4 With the convenience of online shopping and the temptations of “retail therapy,” you could be blowing your budget on clothing and items you don’t need.** Thrift stores or consignment stores are a great way to get new clothes for a fraction of the cost. Nobody but you will know where you purchased them!
- 5 Cut back on grooming expenses. Need a haircut?** Shop for local salon Groupon deals. If you’re getting your nails done once a week, cut back to once a month or better yet, do them yourself.

# Don't Stop There: Make More and Live More



We know that cutting back on things you've become accustomed to can be hard. The key is to keep your eye on the prize and think of the money you'll be saving—money that can be used to pay down debt. Imagine the relief! And it doesn't have to stop there. Open yourself to new opportunities to make more money. Think about your talents, your dreams. If they aren't already, they can serve as tools to help you bring in additional income. **Here are some tips to inspire you to get started:**

## 1 **Become a Virtual Assistant in Your Free Time**

You can find a virtual assistant job on sites like Upwork. If you need to set your own hours, you may enjoy the Virtual Assistant work at Fancy Hands. This site allows you to work on your own schedule and pick and choose the jobs you want.

## 2 **Passionate About Writing? Become a Freelancer**

There's a vast variety of industries and topics you can write about online and get paid for it. You can start small and grow from there—the writing opportunities are endless.

## 3 **Shop Sales to Sell for a Profit**

By setting up an account on Amazon and becoming a "Fulfillment by Amazon" seller you can sell items you find at low prices in local stores. If you enjoy searching for a good deal, this could be just the gig for you. You can work your own hours, and never have to handle any customer service aspects of the business.

## 4 **Start a Business**

Do you love dogs? Why not put together some flyers and start walking dogs for cash? If you love kids, find some local kids to babysit or sign up for a babysitting service. There are endless business opportunities out there, you just have to set out with an open mind and be willing to find them.



# #CESIChallenge Series

Now, it's time to take action! You didn't think we'd let you off that easily, did you? Let's take the first step together. Give some thought to your expenses and the tips we've shared then write down 3 you can start reducing today and how much you can potentially save:

## MONTHLY SAVINGS GOALS

- 1. \_\_\_\_\_ Potential Savings: \$ \_\_\_\_\_
- 2. \_\_\_\_\_ Potential Savings: \$ \_\_\_\_\_
- 3. \_\_\_\_\_ Potential Savings: \$ \_\_\_\_\_

Total Monthly Savings \$ \_\_\_\_\_

## MONTHLY ADDITIONAL INCOME GOALS

**Bonus:** Think about the ideas we just shared to generate more income. Now commit to make some time for it.

I'm going to try: \_\_\_\_\_ and I estimate I can make \$ \_\_\_\_\_

Great! Let's start by focusing on these and at the end of the month, tally up how much you saved and earned. Then next month, take on a new challenge. **We'd love to hear about your progress and we're here to support you every step of the way. Share your story with us! #CESIChallenge**

## Do You Need Help Managing Debt?

As a non-profit credit counseling agency, we are here to help. **Call us today to receive a free, no obligation debt analysis.**

We may be able to help you:

- Pay off debt faster
- Consolidate payments into one, lower monthly payment
- Reduce interest rates
- And more!

**Call Now 855.507.6452**

[CESISolutions.org](http://CESISolutions.org)

