



ABA News to Use

Keeping banking's frontline personnel informed

Starting a Financial Diet

During the holiday season, consumers can get blue over their lack of green, especially when bills arrive in January.

A financial diet can help people improve their financial health and get back in the pink. Similar to watching one's weight, a financial diet provides a system to become more money conscious.

An important starting point is understanding what you take in (income), how much you spend (expenses) and how much you save (the difference between income and expenses).

Where to begin? Keep a log. Many nutritional diets suggest that weight-watchers keep a log of what they eat each day, week and month. This can work for a financial diet as well.

Write down and record what you and other members of your family spend each day, week and month. You might be surprised what you can learn, and areas of spending that can be adjusted, allowing more to be set aside for savings.

Think about the longer term, too. If you can increase your savings by X amount, how much will you have saved in one year, two years or more? Lots of little things can add up to bigger savings over time.

For information about ABA News to Use, or to suggest subjects for future articles, please contact ABA's [Brian Nixon](#).