

## STEP BY STEP WITH MONEY

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This week (14) I will start a series of articles around ‘**Saving Money**’. This will provide the opportunity to go deeper into various topics. I will stay practical, however, the more I study this topic, the more it shows itself to be a game of the mind.

If you want, I would like to play a game. I call it ‘Lets Create a Habit’. It is simple, you need a clear two liter jar. Place it where you can see it every morning in your bathroom. The rules are: have two less coffees/juices/snacks a day. Take the money saved and place it in the jar. The money saved should not be used for other items but placed in the jar. This way you can see the money being saved.

Today our society is set up that we need money to buy things such as food, clothes and shelter. However, it should be noted that not so long ago, people used feathers, beads and shells as money. They were considered valuable. Today, metals such as gold, silver aluminium still have value. The point, just because society is set up so that we need money, the need for money does not make you wealthy. Thus, saving lots of money will not make you wealthy. The key is how you feel about the money you have. This comes down to wealth. You may have heard of people living in what is regarded as poor circumstances, while still feeling wealthy. While others living with millions of dollars and always concerned that they will lose it all. This is not wealth.

It has been written that being rich and being poor is a state of feeding the ego and satisfying everyone else. Wealth starts by accepting yourself for who you are. Watch people crossing Queen Street, Auckland in the middle of the day, I am almost certain none of them are thinking about you. So, accept yourself and let’s start creating wealth.

A good place to start is to create a budget. See this table for an example, you can extrapolate it:

<b>Income</b>	<b>April</b>	<b>May</b>
Wages		
YGY Commissions		
Other income		
<b>Total Income</b>		
<b>Savings</b>		
<b>Expenses</b>	<b>April</b>	<b>May</b>
Mortgage/ Rent		
Food		
YGY Products		
Daily Coffees		
<b>Total Expenses</b>		
<b>Cash in/out flow</b>		

A budget can be a shock. For example, you may find that second and third coffees are low priorities but over 12 months they are costly. You may change that habit. As important as showing you where you are at, the budget also shows you where you are going. Put all expenses in the budget. The expenses left out are the ones that will cause the problem.

You will note that **Savings** stands on its own and before expenses. **Pay yourself first!**

I admit that this can be difficult some times. I have not always done it. However, whenever I have consistently paid myself first, the Universe has granted me more.

Have the discipline to stay with the Budget and to pay yourself first. Once you value your wealth, your discipline will become easier.

Now that we have a budget and we are paying ourselves first, we need to determine what we are going to do with our savings. Next week I will share my views on steps to creating wealth.