

# debt reduction tips

The following are further suggestions to help you to reduce your debt and avoid becoming overwhelmed by debt.

- Don't carry credit cards when shopping. Do you have 3 credit cards or more?
- Try to make it your personal mandate to pay cash. If you don't have enough cash, you simply cannot buy it.
- Keep a log of everything purchased.
- Make a note of when, where, and how much your purchase was. Also make note of what your feelings were at the time.
- Involve other family members.
- Enlist your family to help you to take control of spending and indebtedness.
- Don't forget to involve your children. The lessons they learn from this will go a long way in teaching them responsible spending.
- Develop a budget.
- Follow it every month.
- Learn to save for something really important.



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