



Budgeting like a pro

5 tips from financial experts

Financial health supports our overall well-being by reducing stress. But money management, especially budgeting, can feel overwhelming. Here are insights and tips from five of today's leading financial experts:

- 1. Practice values-based spending.** "Evaluate what really matters to you in your budget," advises Tori Dunlap, founder of the financial education company, Her First \$100K. Dunlap recommends choosing three categories where you want your nonessential "fun money" to go.
- 2. Leverage technology and automation.** "Budgeting apps today are more robust than ever," says financial planner David S. Chang. They can help address the psychological hurdle of resistance to number crunching. Explore various options to find your fit.
- 3. Do the budget together.** Bestselling author and financial expert Rachel Cruze advises having a financial accountability partner and holding a "budget night" once a month. "Make it fun! Grab some snacks and put on a good playlist. Set goals together and dream about what the future will look like."
- 4. Always be monitoring and adjusting.** Tiffany Aliche, "The Budgetnista," reminds us that a budget is fluid, not set in stone. "Check each month to see where you're overspending or where you can cut down on bills."
- 5. Prepare for pitfalls.** Ben Barlowe, Education Content Writer for YNAB (You Need a Budget), encourages beginners to stay the course when setbacks happen. "The only way to break old patterns of behavior is to do something different over and over again... Keep your long-term goals in mind."

Learn more

Her First \$100K: HerFirst100k.com

Nerdwallet: Nerdwallet.com

Ramsey Solutions: RamseySolutions.com

The Budgetnista: TheBudgetnista.com

YNAB: YNAB.com



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