



Financial Resolutions for the New Year

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RESOLUTIONS...

Did you make SMART resolutions to get your financial life in order this year? Just like losing weight, eating better, and exercising more, financial New Year's resolutions should follow the SMART parameters so that you can be successful.

SMART is ***Specific, Measureable, Achievable, Realistic, and Time Bound***.

Many resolutions involve saving more and this is a perfect example of using this system. Instead of saying, "I'll spend less," make a plan to reduce your expenses that follows the SMART system.

For example, you could be ***specific*** and say "I will spend less by bringing my lunch to work at least 4 days a week." If you spend \$7/day on lunch, that's \$28 a week or about \$112/month. So make it ***measurable*** and ***time bound*** by setting a goal of saving about \$200 by the end of February. Finally, make it ***achievable*** and ***realistic*** by allowing yourself to eat out once per week and brainstorming your strategy for making brown bagging work economically in your household (leftovers, sandwiches, prepare the night before, etc).

How about bigger resolutions for 2012? Is this the year you get your financial house in order from top to bottom? Financial Elements can help you with a comprehensive financial plan that addresses all those issues you've been putting off for so long... we'll look at your budget, investments, insurance, estate planning, and see if you are on track to meet your college funding, retirement, or other life goals.