

Ways to increase income:	Ways to decrease expenses:	Ways to decrease debt:
<ul style="list-style-type: none"> • Spouse gets job • Active-duty person gets part-time job • Seek out temporary or seasonal work • Review and change tax filing status and exemptions • Enroll in federal or state programs • Sell items you no longer use • Use internet to research the best prices for more expensive purchases • Apply for unemployment entitlement 	<ul style="list-style-type: none"> • Down grade or eliminate the cable package • Bundle packages for cable, Internet, and cell phone • Re-shop for auto, home, and life insurance • Eliminate your land line; use cell phone • Review current cell phone plan to determine if any extras can be removed • Check books/eBooks/movies out from library • Use public transportation or carpool • Turn off lights & appliances when not using. Check with your utility company for more tips • Ask for veteran and military discounts • Find friends who can trade services (e.g., babysitting, pet sitting, etc.) • Cook at home and pack your lunch; plan menus around foods on sale • Use coupon/discounts for shopping, dining out, and recreational activities • Shop at thrift stores • Ask credit card companies about a budget plan for consistent utility bills • Cancel underutilized subscriptions such as streaming and 	<ul style="list-style-type: none"> • Stop using credit cards • Pay off debts by paying the debts with the highest interest first • Pay lowest balance first and roll payment into next debt • Pay down debt using a power pay plan. Take advantage of websites that explain various methods of power paying, such as PowerPay.org (Power Pay USU) • Pay more than the minimum payment • If you get a raise, use the additional money to pay down a debt • Shop for the lowest interest rates, refinance when possible • Consider consolidation loans • Contact credit card companies and negotiate a lower interest rate • Seek help if you are in serious debt • Ask if accrued interest and late fees can be waived by your creditors if you enroll in a non-profit debt management program

Ask yourself which of the above changes can be made starting today. Small changes in your day-to-day life can result in big changes for your financial situation.