

“How To Give Yourself A Raise In 30 Day or Less!”

Step #1: Download the “Spending Tracker” (excel document)

Step #2: Find receipts and bank statement for up to 12 months. IF you can go back 12 months it works best. If you can't, go back as far as possible. You can also start tracking going forward if you have no data going back.

Step: 3: Create Spending Categories

Step 4: Determine a yearly total for each account or for the amount of time you have data.

Step 5: Find a monthly average for each Spending Category. (IF you have 12 months of data for the total, you take the spending category total and divide by 12.)

Step 6: Take a look at each spending category and start looking for places you can save money. Since most people don't realize how much they are spending since spending is emotional, you will be surprised when you find extra money.

Step 7: Once you find extra money, look for ways to use it to “Chunk Down Debt” faster.

Step 8: Continue tracking spending each month. I update my tracking sheet each Sunday and sit down with my wife at the end of each month to review everything. It has completely changed our lives to both have us “on the same page”. We are happier, less stressed, and feel empowered knowing we have control of our emotions.

Examples of ways I found money in certain spending categories:

1. Changed my internet service for a lower rate
2. Got rid of my home phone
3. Stopped paying for cable and signed up for Netflix.
4. Went to a "cash budget" for groceries and family essentials
5. Started shopping at WINCO to reduce groceries expenses
6. Stopped spending money going out to the movies multiple times each month. Got an Apple TV and Netflix.
7. Started using coupons when eating out
8. Planned in advance for kids clothing and set money aside
9. Sold my expensive car and bought a cheaper one for cash so I have no monthly car payment
10. DIDN'T upgrade my house for a larger house payment.
11. Switched cell phone plans for a cheaper rate
12. Looked at declaring the right amount of dependents on my taxes to get more money now instead of later (talk to your accountant about this)
13. Started eating out fewer times per week.
14. Resold old items on Ebay for extra money
15. Started a family dinner rotation. Each member cooks for the other family once or twice a week. You can do this with family, friends, or neighbors.

FINAL NOTES: I go through this process once every 6 months and I still find money. It's much easier now that I track everything, but I'm always asking my self how I can find extra money, get out of debt faster, and save more each month. That's the Safe Money Millionaire path. I've started on it and stick to it each month. Great news is that you can too!

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