



Good money management is about more than making ends meet. Prices for goods and services are on the rise and you may find that your paycheque doesn't stretch as far as it used to.

Sometimes, it's easier to reduce your spending than finding extra cash. Managing your debt and expenses may help. Here are some strategies to consider.

Every opportunity to spend is an opportunity to save. Think about where you spend your money - fast food, fancy coffee, and subscriptions can add up. Even if the purchase is essential, can you shop around? You may be surprised where you can save.

Tackle your debt. Interest rates are on the rise. This means your monthly interest payments may increase on credit cards, loans and even variable rate mortgages. Knock them down one by one, starting with the highest interest charges first. Think about delaying or cutting back on new purchases to make paying down debt a priority.

Set goals and make a budget. Writing down realistic goals can really help. Remember to start small and build up to establish good habits.

Seek professional advice. Sometimes managing debt and saving for the future can feel daunting. Speak to your advisor about the range of strategies that may work best for you.

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