

Creating Better Saving Habits

Saving takes discipline; start small where you are.

Like any habit, start with a small goal like saving \$10 more each paycheck. As you consistently achieve your goal and see your balance grow, you may feel motivated to save more. Saving comes in many forms. Check out the list below to help you save for a more secure financial future for you and your family.



Habits you may use to increase your savings

For today

Use direct deposit to help you save on autopilot.

Deposit directly into your savings account. You may wish to keep your savings in a separate institution to make it harder for you to withdraw money.

Rebalance your budget quarterly to ensure success.

Check in at least four times a year to see if you are sticking to your budget. Life changes finances — adjust your budget to match.

Spend extra time thinking through large purchases.

Walk away from big purchases for several days or weeks. You may end up finding a better price or rethink the purchase altogether. Whatever you decide, make sure you'll still have enough savings.

For the future

Pay your savings account like a monthly bill.

You may be less likely to spend money that you treat as a bill. This helps you build up a fund in case of a future emergency.

Meet your employer's match on your 401(k) and 457 plans.

Contributing enough to meet or exceed your employer's match is one of the best ways to save more for your future.

Distribute your investments into a diverse range of asset classes.

There's never a guarantee against stock market losses, but using diversification as an investment strategy can help reduce the investment risk associated with declining markets.