

Live Well Monthly

Resources for Better Wellbeing



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Simplifying Your Finances

If managing your finances feels overwhelming, maybe it is time to simplify. Sometimes the best solution to a problem is the simplest solution, and finding ways to reduce the time and effort required to oversee finances can have some pretty big payoffs.

Consider these options to start simplifying your finances:

Automate tasks

Repetitive tasks like writing checks can easily consume more time than necessary. Technology makes it easy to automate and batch your tasks, so you can spend your time elsewhere. Consider setting up automatic payments for recurring bills to make managing your money simpler.

Freeze your credit

Recovering from identity theft can take years, which is why preventing it from happening in the first place makes a lot more sense. Consider placing a security freeze on your credit. This makes it more difficult for criminals to open up new accounts in your name. Just remember to unfreeze your accounts whenever you need to take out a loan in the future.

Create routines

Creating routines makes it easier to manage your money. Schedule time to review your budget and bank statements on a regular basis to make sure your habits are aligned with your goals. This will also make it easier to make decisions about future purchases.

Seek expert guidance

Outsource any tasks that feel overwhelming or confusing. Bookkeepers, CPAs, and financial advisors are experts that can offer objective support and guidance to help you get the most out of your resources.



To simplify your finances, begin by automating recurring tasks, creating routines, and seeking expert guidance when you need it.