

# Making Cents Of Life

## **How to prevent money from controlling your happiness**

You may have wondered if there was a way to live a full life without a lot of possessions. You see people around you who are consumed with getting more. But you want to be careful with your finances. In fact, sometimes it may even be difficult to pay for the items that you need, much less those you want.

Leading a good life doesn't have to take everything you've got. With a little bit of planning and thought, you can cut back on your expenses and make your life much more relaxed.

Here are some ways that you can do this without sacrificing your happiness.

## **Escape Mall Madness**

When you are going to make a purchase, ask yourself if it is really worth the cost. You spent time earning the money you are thinking about spending. Is this going to be the best use of what you worked hard for?

Will you enjoy the item enough to make it worth the effort it took to pay for it? Keeping this in mind will help you avoid making rash purchases that you regret later.

## **Stick to your values**

Are you wanting to buy an item or go to a certain place on vacation because you are trying to keep up with someone else?

Attempting to live up to others' expectations or standards of living can be frustrating and expensive.

Instead, think about what you really want. Do you honestly want to spend all of your savings on an extravagant vacation, or would you have just as much fun going camping?

Don't get caught up in the race for status. By allowing yourself to enjoy the simple things in life, you will find happiness much sooner.

## **Choose Your Home Wisely**

If you are looking for a new place to live, purchase in an area you can afford. The people that surround you can have an influence on your values. Make sure you don't feel uncomfortable with your neighbors' life-styles.

Help yourself by cutting costs and reducing the strain that you feel. You can be happy because you know that you are making wise financial decisions.

Trade in the "get-everything I-can" mentality for the appreciation of "everything-I-have."