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Pay Yourself First:
The best strategy to
ensure consistent
savings.







Why It Works

- ***Forces Discipline*** – By automating savings, you reduce the temptation to spend first and save later.
 - ***Builds Wealth Consistently*** – Regular contributions, even small ones, grow over time due to compounding. 
 - ***Reduces Financial Stress*** – Knowing that your future self is taken care of gives peace of mind.
 - ***Encourages Smart Spending*** – With savings set aside first, you learn to live within your means.
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How to Implement It

- *Set a Fixed Percentage* – Decide on a percentage (e.g., 10-20% of income) to save every month.
 - *Automate Transfers* – Use auto-debits to move money into a savings or investment account. 
 - *Prioritize Long-Term Goals* – Invest in retirement funds, mutual funds, or stocks to maximize growth.
 - *Adjust Over Time* – Increase the savings percentage as your income grows.
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The Bottom Line

By paying yourself first, you create financial security and wealth without needing extraordinary discipline. Over time, this habit ensures that you always have money set aside, regardless of economic conditions.

