Positive Persistence: A Way to Manage Debt

Why does talking about money send us into a tailspin of emotion? It’s is just paper after all, but we seem to put so much pressure on ourselves while thinking about it. This is often the easiest way to bring about the darkest feelings of despair. You need to separate negative emotion from your current reality. The first step to fixing your financial situation is taking emotion off of the table completely. Sit comfortably at a table with pen and paper, and quiet your mind. Close your eyes and imagine seeing yourself in about three to five years. Imagine an alternate reality that is realistic for you. Smile as you get a sense of what life would feel like if you didn’t have the heavy burden of debt looming over you. Imagine all of the things you will do, and how it will feel once the debt is gone.

You have just set a prayer into motion and you need to keep this positive feeling as long as you can to allow the universe to begin to shift things around to make these visions a reality for you. You have to take the next step. Write down everything you and your spouse (if you are married) buys for the next month. It will be challenging but it is necessary to see where all your money goes. Categorize the list into topics, like “bills, car expenses, food, and entertainment”. Get your Credit cards out of your wallet and put them in a safety deposit box at your bank or simply get rid of them. Use cash and debit only for the next few years of your life. Trim the fat in your monthly budget and set up a savings plan. Find as much work as possible, work as much as you can. Craigslist is great tool to use to find jobs, sell old stuff and get out there. Polish your resume and get any job you can. Get to work and little by little you can get out of debt.

Consider the power of coupons and special offers. Take advantage of any coupons available online, print them off organize them in a safe place where you will remember to use them before you shop. Coupons are no longer an embarrassment, they are actually the up and coming trend, even Facebook has jumped on board. Saving money and living frugal can be a positive experience, just know where to cut back and really watch your spending. If you save a few dollars here and there, that can really add up over the year.

Consider shopping at Goodwill. Children grow out of their clothing before they even get a chance to wear some of them. Those who donate to Goodwill, receive a 20% off coupon for their next purchase. You can swap out your kid’s clothes that don’t fit for new or gently used clothing at an extreme discount.

Finally, stay positive and meditate on your goals daily. Share ideas and support each other, we can do this together.