

SIMPLE LIVING



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Foreword

In order to attain the art of living happily with less than you've ever imagined before, the first thing that you should take into account is to live within your means. When you hear the term "means", what is the first thing that comes into your mind? Means refers to money or income. One of the great things that you should learn and know is on how to properly live within your means.

Living within your means is not an easy task at all since it requires time, effort, passion and dedication in order to make sure that you will come up with the best possible results that you are expecting. Moreover, it is also very imperative that you have an apparent and superior understanding on how to live within your means. You must know the importance of living within the money that you have.

Overspending is not the solution to your financial problem however overspending is considered as one of the biggest problems that most people are encountering in the present year. Furthermore, living within your means is all about balancing your family budget as well as you need to be very mindful in spending your money.

All the valuable information that you need about the mentioned topic above are all present within this book. All you need to do is to completely read the succeeding chapters of this book that will serve as your pathway and guide in exploring the real significance of living within your means.

Chapter 1:

Living Within Your Means Basics

Synopsis

If you really want to discover the art of living happily with less than you've ever imagined before, living within your means is the first thing that you should know and be aware of. It is true that living with your means merely involves setting up of your specific goals since setting up your goals will greatly influence your budget setting.

When it comes to budget, it is very normal that it is associated with saving and spending activities. In addition to this, living within your means also involves spending your money wisely. It is very important that you know the basics of living within your means to make sure that you will not find hard time and difficulty in saving and spending the money that you have.

In order for you to be familiar with the basics of living within your means, here are some of the salient tips on how to live within your means. By simply following these tips, you can be sure that you will live a happy life that you dreamed of.

The Salient Tips on How to Live Within your Means

Living within your means involves important tips that will greatly help you to save and spend the money that you have. It is very imperative that you are aware about the proper way to live within your means in order to attain a happy life that you dreamed of.

- **Maintaining your Balanced Budget**

In order to completely maintain a balanced budget, the first thing that you need to do is to create your own list of your basic needs like clothing, utilities and groceries. These things are also considered as essentials since these are the things that you cannot live without. Moreover, you are also required to create your budget by simply examining your expenditures and income. By doing this, you can easily determine how much money you will spend and save.

- **Estimate your Earnings**

Estimating your monthly income is highly recommended. If you have regular job, it would be easier for you to estimate your monthly budget however if you have part time job, it is very normal that you will find difficulty in estimating and budgeting your budget. In estimating your budget, you need to make sure that you separate the amount of money that is intended for taxes.

- **Record your Expenditures**

In order for you to easily determine your expenditures, you need to record the items that you bought and the total amount of money that you spend. By doing this, you can easily track the amount of money

that you spend in buying those essential items and non-essential things.

- **Compare your expenditures to your income**

If you notice that your expenditures and income are just equal, it simply means that you are not saving any amount of money. However, if your expenditures are higher than your monthly income, it is a big problem.

- **Evaluate the Expenditures**

By simply evaluating your expenditures, you will easily determine where your budget is going. It is very important to categorize your essentials like eating out. When you already created your own category, this is the best time for you to sum up all your purchases in every category of your expenditures.

Chapter 2:

Distinguish Between Wants and Needs

Synopsis

When it comes in living within your means, it is very important that you have a clear and better understanding about the difference between needs and wants. If you are aware about the difference between the two, you can be sure that you can keep out of unwanted debt.

Before you purchase anything, it is very imperative to ask yourself if you truly need it. If you don't need such thing, think again before buying. In the present year, most people are getting confused about the real difference of needs and wants.

In order for you to completely live a happy life that you dreamed of, understanding the difference between needs and wants is highly recommended. Here, you will know the accurate difference of needs and wants.

The Real Difference between Needs and Wants

Today, most people don't know the real difference between needs and wants. If this is one of the problems that you are encountering, this is the right time for you to know the definite definition of needs and wants. Need can be defined as something that is extremely necessary for a certain individual to survive.

When your needs is not completely meet, you will have a great chance to experience illnesses and diseases and at the same time you cannot work properly. Needs are being categorized into 2 groups, the first one is the physical or objective needs.

Two Groups of Need

Objective Needs- These needs are being met through tangible items or things that can be measured such as air, shelter, water and food.

Subjective Needs- These needs are the one that is associated with mental health like approval, security and self esteem.

A want can be defined as something that a certain individual desires. Moreover, wants differ from individual to another person like when some individuals want to buy their own car while there are also other persons who want to travel in different places in the world.

Every person has their own wants however as time goes by, wants can easily be changed and this serve as the contrast of needs. Moreover, needs and wants are considered as economic terminologies that you should know and

be aware of. The most common examples of need includes clothing, health care, hygiene products, foods, shelter, family outings and vacations, college expenses and fees, child education and house expenses. The usual examples of wants include expensive car, expensive clothes and extra vacation. Now, that you completely know the difference of needs and wants, the first thing that you should consider is to know the proper way on how to separate needs and wants.

In connection with this, you also need to know the real significance of needs and wants in order for you to live within your means. When you completely determine the difference between needs and wants, it would be easier for you to attain a happy life that you never imagined before. Distinguishing between wants and needs are considered as one of the salient factors that will greatly help you to live within your means. This is the first step that you should take into consideration especially if you really desire to explore the real significance of living within your means.

Chapter 3:

Buy Secondhand

Synopsis

In order for you to save a lot of money from your budget, buying secondhand items, appliances and gadgets can be a helpful choice. In the present year, most people are struggling from lack of budget and this is one of the reasons why they prefer to buy secondhand items, appliances and gadgets.

If you completely decided to purchase secondhand items, it is very important that you consider the money and budget that you have. If you can't afford to buy the latest version of gadgets and appliances, buying secondhand items is the ideal option that you should take into account.

However in buying secondhand items, there are also advantages and disadvantages that you should be aware of. In order for you to have a clear and better understanding on buying secondhand items, here are some of the advantages and disadvantages that you need to ponder on.

The Advantages and Disadvantages of Buying Secondhand Items

Buying secondhand items will greatly help you to save more money that you can make use in sustaining the basic needs of your family. For example, you are planning to buy a new set of television however your budget is not enough to purchase a new one then, you can consider buying secondhand appliances.

In this way, you can save more money that you can make use during emergency purposes. It is very imperative that you know the proper way to spend the money that you have and this is one of the significance of living within your means.

Advantages of Buying Secondhand Items

- **Price**

One of the big differences that you will encounter in buying secondhand items is the price. It is a fact that buying secondhand items are less expensive compared to new one.

- **Depreciation**

In terms of depreciation, you will not experience it with secondhand items. Depreciation usually occur in latest item since they need to maintain the value of the item as time goes by. For example, a new car has the ability to lose 40 percent of their overall value during the first year of your purchase. However, when you buy secondhand car, you don't need to worry about the mental depreciation.

- **Insurance Rates**

When you buy a new car, the insurance rates of your car will completely affected however with used cars, the insurance rates are

less expensive. In this way, you can save from the so called sticker shock.

- **Choice**

If you really desire to buy secondhand car, you don't need to worry since in the present year, there are a wide selection of option package, wheel design and model that you can opt from.

Disadvantages of Buying Secondhand Items

- **Short Life Span**

Since most of the secondhand items are already been used by other people, it is very normal that you will experience short life span of secondhand items.

- **Poor Maintenance**

There are also secondhand items that you will find hard time and difficulty with their maintenance level. This is one of the disadvantages that you will encounter when you decided to buy secondhand items.

- **Lack of Quality**

There are also secondhand items that are lacking in quality since they are already used by the original owner. However, in choosing for the best secondhand items, you need to opt the one that is made from high quality materials in order for you to make sure that you will obtain the elite secondhand items that can last for a long period of time.

Chapter 4:

Never Pay Retail

Synopsis

If you really want to live within your means and experience the amazing benefits of living a frugal life, the first factor that you should take into account is to never pay retail. According to experts, it is very important that you know the importance of great benefits of never paying the retail price.

It is true that most today really love to shop new and latest trends of clothes however in order for you to live within your means, this factor is the ideal tip that you should bear in mind.

In order for you to have an apparent and superior understanding about never pay the retail price, here are some of the facts that you should consider that will greatly help you to live within your means.

When you hear the term “never pay retail”, what is the first thing that comes into your mind? If one of your goals in life is to live a frugal life within your means, this is the perfect time that you fully understand this salient factor in living within your means.

Facts you should know about Never Pay Retail

- **Shop Sales-** If one of your hobbies is shop for the newest fashion trends of clothes and heel shoes, this is the best time for you to know the importance of shop sales. If you want to buy those clothes and shoes now, you need to think again since in just six weeks time those items will offer you with 50 percent discount. It simply means that you just need to patient and wait for the upcoming shop sales of the items that you desire to buy.
- **Make use of the Coupon Codes-** If you are one of those individuals who usually purchase items online, it is very imperative that you make use of your online coupon code and service. Most of the online stores don't advertise their online deals that include 20 percent discount and free shipping.
- **Use Coupons-** It is true that coupons are considered as the easiest and incredible way to save on professional services, household products and groceries. By simply using these coupons, you can be sure that you can save a huge amount of your money that you can make use on other emergency purposes.
- **Second-hand Shop Sales-** Today most people are still confused about the importance of second-hand stores, consignment shops and garage sales. Buying second-hand items will also help you to save money. All you need to bear in mind, you can also find valuable used items at second-hand stores, consignment shops and garage sales.
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Chapter 5:

Plant a Garden

Synopsis

If you want to gain extra income that will help you to obtain a happy life that you dreamed of. Creating your own garden at home can be a great help to sustain the basic needs of your family. Garden with vegetables is the perfect option that you should plant in your garden at home since when the time comes that you can already harvest your crops, you can sell it in the market and convert it to money.

The profit that you will get in selling the vegetables from your garden will help you to support your basic needs. You can add your profits from your monthly income and rest assured that you will not find hard time and difficulty in sustaining your daily needs. Here, you will know and learn more about the significance of creating your own garden at home.

The Significance of Creating your own Garden at Home

It is true that vegetable garden at home is considered as one of the easiest ways to easily save money. Most people who already try to create their own garden at home are all fulfilled and happy with the great results of their vegetable garden at home. In order for you to be familiar in creating a vegetable garden at home, here is some of the significance of having vegetable garden.

- The first thing that you should bear in mind is to choose the vegetables that you will plant in your garden at home. It is very important that you opt those vegetables that you can easily sell in the market. One of the best vegetables to plant in your vegetable garden is tomato since according to studies, tomato has the ability to provide your family with 10 pounds fruits especially during their course season.
- When you decided to plant a vegetable garden at home, it will give you with delicious vegetables that you serve for your lunch and dinner with your family. In this way, you can save a lot of your money. Instead of purchasing vegetables in the market, you can just harvest in the comfort of your vegetable garden at home.
- It is also true that growing delicious vegetables can be a great fun and source of family bonding. It simply means, you can spend a lot of time with your children and enjoy some of the outdoor activities like planting vegetables. However, it is very important that you creatively

plan your vegetable garden to come up with the best possible outcomes that you are expecting.

- The next thing that you should do is to properly pick the best spot to create your own vegetable garden at home. In choosing for the best spot, it is very imperative to consider the three important requirements that include good soil, a lot of water and full sun. In the recent year, most of the gardeners preferred that their vegetable garden is near to their home. In this way, it would be easier for you to harvest the vegetables from your garden.
- It is also important that you know the best way to easily design your own vegetable garden. Planning and designing the layout of the vegetable garden are divided with 2 basic approaches that include row cropping and intensive cropping.
- Fixing and testing your soil is also one of the important factors that you should consider in maintaining your vegetable garden.

Chapter 6:

Cut Down on Waste

Synopsis

If you are one of those persons who are struggling to completely live within your means, one of the great factors that you should take into account is to cut down on waste and expenses. According to researches, cutting down on waste is recognized as one of the salient factors that you should bear in mind to easily and quickly live within your means.

It is very imperative that you are aware about the things that you should cut down in order to obtain the best possible results that you are expecting. Here, you will know and learn more about some of the things that you need to cut down to save money.

Things that you should Cut down to Save Money

In order for you to attain a frugal life, one of the factors that you should take into consideration is to cut down on waste and expenses. It is true that most people have their own set of lifestyle however when it comes to saving money for the future, you are recommended to cut down on waste and expenses.

In this way, you can be sure that you will attain a frugal life that you dreamed of. According to some people, living a frugal life is not an easy task at all since it requires hard work, time, effort, passion and dedication to make sure that you will get the best outcomes that you are looking for. Here are some of the things that you should cut down to save money.

- shopping trips
- cellphone bills
- cable TV
- nail and hair salons
- gym memberships

In order for you to easily save money that you can make use on the future, all you need to do is to check your bills and at the same time cancel those services that you don't usually use. When you decided to cut down all your non-essentials expenses, you can be sure that you are truly ready to explore the real world of living frugally and living within your means.

Chapter 7:

Get Rid of Credit Cards

Synopsis

To completely enjoy a happy life that you dreamed of, the first thing that you should consider is to get rid of your credit card debts.

Most people in the present year usually experience credit card debt and most of them are seeking for the effective ways on how to easily get rid of their credit card debts. If you are still paying your credit card debts, you will not completely enjoy your money.

Paying all your credit card debts will greatly affect the overall budget of your family. Since most people really want to know the best ways to get rid of your credit card debts, here are some of the tips that you should follow to easily and quickly get rid of your credit card debts.

According to researches, credit card debts are considered as one of the usual problems of most people in the present year. Most people are seeking out for the easiest ways on how to easily and quickly get rid of their credit card debts. In order for you to fully understand this kind of scenario, it is very imperative that you are aware about some of the salient tips on how to get rid of your credit card debts.

The Useful Tips to Easily Get Rid of your Credit Card Debts

- **Avoid Using Credit Card**-If you really want to easily get rid of unwanted credit card debts, the first thing that you should take into consideration is to avoid using your credit card. This is the only way that you can do to prevent the occurrence of the stigma of credit card debts.
- **Conquer and Divide**-When it comes in avoiding your credit card debts, you must be aware and familiar with various strategies that you can make use to quickly eliminate your unwanted debts. The common strategy is to divide the overall total of your credit card debts by 12 then the next thing that you should do is to pay off the amount every month.
- **Do Hustle**-In order to this, you need to have extra earning to make sure that you can easily pay your debt in just a short period of time. Apart from this, you can also pick part time job to gain additional income and at the same time you can be sure that you can quickly kill your credit card debts.
- **Keep Paying of**-It is very important that you continue to pay your credit card debts until you completely pay all your debts. By doing this, you can be sure that you will surely enjoy your money and start saving funds for the future.

Chapter 8:

Learn to do it Yourself

Synopsis

Living within your means and living a frugal life is considered as a do it yourself project. This is also one of the salient factors that you should consider to attain the real world of frugal life and living with your means.

It is very imperative that you know the proper way on how to do such things by yourself and rest assured that you will surely love the amazing results.

Living frugally requires patience and willingness to attain your long term goal especially when it comes to living within your means and living a frugal life.

In order for you to be familiar with living a frugal life and living within your means, here are some of the facts that you should know about accomplishing a “do it yourself project”.

Understanding the “Do it yourself Project”

If you really want to discover the real world of frugal life and living within your means, the first thing that you should do is to learn on how to do it by yourself. If you have patience, passion, willingness and dedication in completing a certain project will greatly help you to easily save a huge amount of money.

One of the great examples for this is gardening. If you decided to engage with gardening activities, you will have a great chance to save money and at the same time produce great harvest at the end of the day. Gardening is also considered as do it yourself project that will serve as your guide and key in attaining your long term goal of living a frugal life.

In line with this, by simply completing a certain project, you can be sure that you can easily save money. Refashion and re-work clothing, building a fence, refinishing your furniture at home, sew your curtains and painting your house are one of the few do it yourself project that is typically endless.

In this point of time, it is very important that you fully understand the real significance of “do it yourself project” and you can be sure that obtaining a frugal life and living within your means will give you the opportunity to live a happy life that you always dreamed of.

Chapter 9:

What to Avoid

Synopsis

In order for you to completely enjoy a frugal and happy life that you never imagined before, there are a wide variety of things that you should get rid of. When it comes to the things that you need to avoid, the first thing that you should avoid is comparison.

According to researches, comparisons are considered as the ultimate “death of joy”. If you are chasing other’s lifestyle then you are forgoing the chance to easily create the life that is filled with important things that will make you happy.

Here are some of things that you should avoid in order to make sure that you will attain a happy life that you never imagined and feel before.

Things to Avoid

In the real world of frugal life, there are several things that you should avoid in order to make sure that you will attain your long term goal. It is also very imperative that you fully understand about the things that you should avoid. In this way, you can easily determine the main cause of problems that might happen in exploring your frugal life.

Apart from avoiding comparison, the next thing that you need to get rid of is to avoid spending too much money than your income. You need to make sure that you spend your money wisely and avoid spending too much on those things that you don't frequently use and need. In order for you to surely enjoy your frugal life and living within your means, avoiding these things must be your top priority.

Moreover, understanding the significance of money principles is also highly recommended. When you try to avoid these things, you can be sure that you will not find hard time and difficulty in reaching a happy and frugal life that you always wanted and never imagined before.

Chapter 10:

The Benefits of Living Frugal

Synopsis

Most people are still confused about the real definition of living frugal. Living frugal can be defined as living economical in expenditure, prudently sparing or saving as well as not wasteful. Being frugal is not an easy task at all since you need to spend your money frugally and wisely.

If you notice that you don't need an item, it is much better for you to prevent from buying them. There is still more important thing that you need to focus than buying those non-essential things. However, living frugal has various benefits that you should know and learn more about.

With the help of these benefits, you will completely understand the real significance of living within your means. Here, you will learn the different benefits of living frugal life.

The Awesome Benefits of Living Frugal

Living a frugal life will give you a wide variety of benefits that you will extremely love. Being penny-wise will greatly help you to spend your money wisely and at the same time living within your means. It is very important that you have a clear and better understanding about the amazing benefits that you will encounter in living a frugal life.

- **More Control**

Living frugally will allow you to know the proper way to control spending your money. In this way, you will also determine where your funds go every single month.

- **Better confidence**

You will gain full confidence when you fully understand on how to control your finances. Living frugal life will also help you to boost your confidence level and making your own decisions that will have a great impact on your personal finances.

- **Healthier Habits**

Living frugally will prevent the occurrence of bad habits. In this way, you can be sure that you will obtain a healthy lifestyle that you dreamed of. Instead of buying unhealthy snacks, you can purchase on sale fruits that will suit with your budget.

- **Less Stress**

Living a frugal life will provide you with more freedom. You will also experience less stress since you are living within your means. An economical life will greatly help you to easily attain your long term goal and achieve your financial dreams in no time.