



*Dear "Younger Me" ...*  
**Retirement Saving For ALL Ages**  
 20's • 30-50 • 10 yrs. before retiring

Email your ideas (with your Age Group) to [nboudreaux@ofi.la.gov](mailto:nboudreaux@ofi.la.gov), to be added to the LONGER LIST on OFI's website at [www.ofi.la.gov/SecuritiesInvestorEd.htm](http://www.ofi.la.gov/SecuritiesInvestorEd.htm)

<b>Reduce Living Expenses</b>	<b>Increase Retirement Savings</b>
<ol style="list-style-type: none"> <li>1. Avoid debt &amp; save the interest you <i>would</i> have paid</li> <li>2. Pay down credit card balances or transfer to a low-rate card</li> <li>3. Save 25% by planning your grocery list around what's <u>on sale</u> that week</li> <li>4. Buy generic brands</li> <li>5. Check if your grocery store allows coupons to be uploaded directly to their in-store Rewards card and skip the Sunday ads</li> <li>6. Only buy groceries that you <i>know</i> you'll eat</li> <li>7. Subscribe to email updates for coupons from the manufacturer</li> <li>8. Use online rebates</li> <li>9. Politely ask the cashier at checkout if you're missing out on any coupons or discounts</li> <li>10. Check if your insurance plan offers any wellness discounts at health clubs</li> <li>11. Sign up with 3-4 of your favorite restaurants for email discounts. Open a separate email account and let the promotions pile up.</li> <li>12. Use Phone apps for coupons</li> <li>13. Shop for better deals on cable &amp; phone</li> <li>14. Insurance reductions for making home improvements or taking defensive driving</li> <li>15. Gym memberships- drop if not used, and use free public parks or low-cost recreation centers</li> <li>16. Libraries – FREE books &amp; DVDs</li> <li>17. Free continuing education online classes</li> <li>18. Shop for a better bank account – look for free checking; Internet savings accounts offer higher interest than banks with a physical building</li> <li>19. Explore high-yield checking accts (be sure to read the fine print on <i>Minimum Balances</i>)</li> <li>20. Use only your bank's ATM to avoid fees</li> </ol>	<ol style="list-style-type: none"> <li>1. Establish and maintain an <i>Emergency Fund</i> – 3-6 months of living expenses</li> <li>2. Set up automatic payroll deductions to "save when you're sleeping"</li> <li>3. Increase contributions to savings after raises</li> <li>4. Save unexpected money – gifts, tax refunds, bonuses</li> <li>5. Pay off debt from smallest balance; put that extra amount into paying off larger amounts</li> <li>6. Charge rent for a roommate or student</li> <li>7. Save all extra change, cashing it in periodically (1 bowl every 2 months = \$30/6 per yr = \$180 year)</li> <li>8. Sell unused goods on EBay, Craigslist or garage sales</li> <li>9. Sell unused gold jewelry</li> <li>10. Make the most of tax-advantaged retirement accounts</li> <li>11. Consider making money off of a long-term hobby</li> <li>12. Traditionally get a large income tax refund annually? Reduce Withholdings to maximize take-home pay and save that difference where it will earn interest</li> <li>13. Pay off your home <i>early</i>, put the extra into savings</li> <li>14. Rear your kids to be financially responsible when they're young</li> <li>15. "Boomerang" kids? Have them contribute to household income</li> <li>16. Rebalance investments annually or after life changes, i.e. child leaving/returning to home, change in employment, sale/purchase of a home, death of a family member</li> <li>17. Prepare teenagers to save/ borrow to pay for their weddings; you can't borrow to finance retirement</li> <li>18. Check if your cell phone provider or health club</li> </ol>

<ul style="list-style-type: none"> <li>21. Increase time between haircuts/color</li> <li>22. Budget for regular car maintenance to avoid emergency repairs</li> <li>23. Cut energy costs</li> <li>24. Keep tires inflated and engine tuned</li> <li>25. Buy coffee from the grocery, not a café</li> <li>26. Cut out one restaurant meal/week</li> <li>27. Downsize from Premium to Basic cable, or stream shows</li> <li>28. Pay bills on time to avoid late charges</li> <li>29. Pay off your car, then save up to pay cash for another one (used?)</li> <li>30. Instead of dining out with friends, host a pot-luck dinner</li> <li>31. Get a Rewards card for gasoline or other stores where you are a frequent customer; be sure to redeem them before they expire</li> <li>32. Booking a trip? Be flexible with dates, for a sizable discount</li> <li>33. Stay healthy to avoid expensive medical problems/tests/treatments</li> <li>34. Road trip traps – snacks when you stop to use bathroom could cost \$5/stop; save money by stocking up at the grocery store before you hit the road and make memories with a picnic lunch</li> <li>35. Shop annual sales for electronics, linens, gifts, furniture</li> <li>36. Open a savings account to be used solely for Christmas gifts</li> <li>37. Plan to buy gifts ahead of time on sale</li> <li>38. Never just pay the minimum on credit card balances; pay off balance monthly</li> <li>39. Have regular check-ups with the doctor/dentist to avoid major problems later</li> <li>40. Drop unused subscriptions or services that require a monthly fee</li> <li>41. Bring your own lunch to work</li> </ul>	<p>offers referral bonuses- get the special link or code to give to your referred friends</p> <ul style="list-style-type: none"> <li>19. Be very wary of free meal investment seminars</li> <li>20. Sign up your parents and yourself for the <i>Do Not Call List</i> (info on OFI's website) to avoid sales calls and junk mail</li> <li>21. Consider freezing your credit line to avoid identity theft</li> <li>22. Married working couple? Live off the smaller salary, save the larger one</li> </ul> <p style="text-align: center;"><b><u>Near retirement</u></b></p> <ul style="list-style-type: none"> <li>23. Downsize your house</li> <li>24. Move to an area with a lower cost of living</li> <li>25. Keep your car longer</li> <li>26. Raise home and car insurance deductibles</li> <li>27. Obtain affordable medical &amp; dental insurance that covers issues seniors face: heart disease, diabetes, dentures, cancer, Alzheimer's, long-term care insurance</li> <li>28. Decrease life insurance once your children are grown</li> <li>29. Work longer before retiring</li> <li>30. Before retiring, test drive your "retirement income" for a few months, and adjust savings as necessary</li> <li>31. Maximize Senior discounts at stores, restaurants &amp; theaters</li> <li>32. After retiring, work part-time</li> <li>33. Withdraw more from savings the first few years of retirement, to travel more while you're able</li> <li>34. After retiring, set aside a specific amount to spend each month and stop spending when you reach that amount</li> </ul>
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**"My wealth has come from a combination of living in America, some lucky genes, and compound interest".**  
**Warren Buffet**