

Kyani®



# Five Keys to Financial Peace

*Sound financial principles to help you get ahead*



# Five Keys to Financial Peace

Almost everyone faces financial challenges from time to time. When employment changes, cars break, and kids start new activities, it's common to wonder how you'll cover all your expenses. You're not alone when you look at the bottom line and question how you'll weather the financial storm. Fortunately, solid financial principles remain the same regardless of what changes in your life or in the world economy.

If you're concerned about your ability to take control of your finances, here are five simple principles that can help you achieve financial peace.

1



## Recognize Your Priorities

The first step to changing your financial outlook is to study your daily spending habits. This helps you better understand where your money is going. You'll likely notice how small purchases like eating out for lunch or subscribing to entertainment packages can really add up over the course of weeks or months.

One way to monitor your spending habits is to use only cash for the things that are not fixed expenses. To try this experiment, withdraw the money you anticipate needing for one week from the bank. This keeps your spending limited to just the money you have, avoiding the temptation to go further into debt for things you may not really need. At the end of the week, sit down and look at what you spent, then compare it to a week without those restrictions. You might be surprised to see the purchases you avoided!

2



## Consider a side hustle

One of the best ways to pad your bank account is by having an extra source of income. While this may not be for everyone, it does speed up the process of saving money and paying down debts. If you're able to pick up a side hustle, there are plenty of opportunities to earn money from the comfort of your own home.

Are you good with people and able to forge solid relationships? Are you passionate about health and wellness? Have you been waiting to take advantage of an opportunity that will enable you to set your own schedule and grow your income? Consider all the possibilities available to you, then start a list of pros and cons to help narrow down your options. You may discover that getting started is easier than you think.



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## Compound Your Debt Repayments

Most of us have a few consumer debts we are trying to pay off. While individually they can be small, together they often add up quickly and overwhelm us, derailing progress in your financial journey. Consider compounding your debt repayments to reduce the number of bills you receive.

It's a simple principle to employ. Start by identifying your smallest debt, whether it's a medical bill, department store credit card, or car payment. Put all the money you can toward that bill each month until it's paid off. Then take that amount of money and pay it toward your next smallest debt each month afterward. Soon that will be paid off as well, and you can continue the process until you are able to make significantly larger payments toward more substantial debts like your home. With smaller debts paid off, you can also take some of that money and start putting it toward investments in more financial opportunities such as starting a home-based business to increase your (supplemental) income.

4



## Create a Rainy Day Fund

We've all heard the age-old adage, "save your pennies for a rainy day," but how many of us are actually doing it? While we may have the best of intentions, unexpected expenses like car repairs or health problems have the tendency to delay our goals. Get a head start on these surprise bills—and avoid high-interest financing—by putting money into a fund that you can tap into during emergencies.

There are two keys to a successful rainy-day fund. The first is to make it an automatic process every time you get paid. You can choose to have a portion of your regular paycheck deposited right into the fund. It doesn't have to be a large amount of money; the key is consistency. Extra earnings from a home-based business can help put additional earnings into this fund much faster than you can with just your regular income. The second key is to make sure you don't touch that money unless it's a real emergency. Discipline yourself and this can save you from significant financial pain and set you up for future success.

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## Write It Down

Too many of us find ourselves living month to month without any real direction or goals when it comes to our finances. We overspend when we have extra funds and find ourselves going without when things are tight. Having a goal firmly fixed in place helps keep you headed in the right direction financially. Take the time to write down your goals, discuss them with your loved ones to make sure everyone is committed, and do what it takes to make them a reality.

If you're dreaming of taking that vacation, write down a plan for making it happen. Then, place reminders in a spot where you will see them regularly to help you stick to those goals. Record your progress to guide your plan.

If you're struggling to meet your financial goals, you have two options: You can either look at cutting unnecessary expenses or find a way to bring in extra money. Even a modestly successful side business can be inexpensively run from your home and generate several hundreds of dollars per month that can get you closer to achieving true financial peace.

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Sound financial principles start with having discipline. Leading experts understand where their money is going and make sure to invest in their success. Above all, they take an active approach to their financial health. By reducing your debts and focusing on what you want to achieve, you can start on the road to true independence.

Kyāni has helped thousands of people around the world make sound financial decisions, earn supplemental income, support their health, and develop new business skills that help them in all areas of their life. If you'd like to learn more, [click here](#) to learn about the Kyāni opportunity.