



PAYDAY POINTERS

The Best Things in Life are Free

October Pay Day Pointer

The best things in life are free

You have often heard that "the best things in life are free", probably because it is so true! Research has shown that experiences, not things, make people feel happy. The great news is that we don't need money to create memorable experiences - here are our top ten choices of experiences money can't buy.



Ten experiences money can't buy

- . Spend an hour of quality time with your child, your partner, or your friend - you don't need an expensive restaurant or special event to really connect with someone and have a great time together.
- . Share laughter - it relieves stress and builds relationships. You'll find plenty of jokes and funny stories on the Internet at no cost.
- . Savour your senses -take a moment to see the beauty of a flower, listen to the rain, smell the freshness of the morning air, feel the breeze, and taste the sweetness of a fruit. All the money in the world cannot replace your ability to see, hear, smell, touch, and taste.
- . Spread the love - helping out at a soup kitchen, reading to a blind child or taking a pensioner to the shop - nothing makes us feel good as giving of ourselves.

- . Take a nap! Is there anything more luxurious than an afternoon nap? It will revitalise and rejuvenate your body, mind and soul.
- . Get active - ride a bike, walk around the block, go hiking in the veld, climb to the top of a hill or simply run and jump for joy.
- . Learn something new - a world of adventure and knowledge awaits you at your local library and on the Internet - and it's free!
- . Make something - knit a toy, paint a picture, write a poem, cook a delicious meal or make a card with dried flowers.
- . Do something you've never done before - run through the sprinklers on a hot summer's day, try riding on a skateboard, bake a soufflé, plant a tree in the park or have a picnic on your bed.
- . Set a goal for yourself and achieve it - money can never buy the sense of accomplishment and confidence you will experience.



Tip for the month

If you have a habit of shopping to boost your mood, why not ditch your credit card for one of these awesome experiences? Even an unlimited credit card can never buy these memories or make you feel so happy! But if you still want the thrill of a bargain, why not get stuff for free?

Five things you could get for free

- . A free basic will template from Interface as a starting point for ensuring your family will be looked after when you pass away.
- . SARS e-filing - a free service offered by SARS that also buys more time.
- . A free credit report from TransUnion - simply call 0861 482 482 or www.mycredit.co.za
- . Get a free body assessment at your local gym, and get a beach body in time for the holiday season.
- . Get a free valuation from your local estate agent to help you determine the current market value of your property.

Can we help you?

Simply click [here](#) and your relationship manager will assist you further.

Kind Regards,

Your Interface Team



Contact us :

011-326-0060 (JHB)
0861-483-233 (Regions)

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