



INTERFACE

FACE TO FACE WITH YOUR CHOICE OF BANKS

### **Get Healthy, Wealthy and Wise**

**Here are the first 10 steps to a new debt-free life, starting with just R200.**

1. If you really want to get out of debt, some discipline is required. Don't make any more debt!
2. Draw up a budget.
3. Highlight the non-essential items in your expenses list and find R200 that you can save every month. Simply by cutting out the luxuries on your grocery bill could do this for you, or alternatively, you could find R200 by getting better quotes on your car and home insurance.
4. Next, draw up a spreadsheet for all your debtors with four columns, noting the creditor, the amount you owe, your monthly repayments and how many installments are left on your repayments.
5. Pick one of your short-term, high-interest rate debts identified in step 4. Pay the R200 you have saved in step 3 into this account every month until that debt is eliminated.
6. Now the R200 is available again, as well as the installment you were paying on the debt you have eliminated. Say the monthly installment you were paying on this debt was R350, you now have R550 (R200 + R350) per month available to pay extra into the next short-term, high -interest rate debt on your list.
7. Let's say your repayment on this second debt account is R300 per month. By paying an extra R550 per month, you should be able to pay it off fairly quickly.
8. Once the account is paid off you now have R850 (R550+ R300) to tackle the next debt on your list. And so the process accelerates until you are debt free. And it all started with just R200.
9. When you are debt-free, save! Ideally you should be saving between 10% and 15% of your income, over and above your pension or provident fund, life assurance and retirement annuities.
10. Take control today and by next year this time, you will be well on your way to enjoying a wealthy, debt-free lifestyle.