

May 1, 2022

# Money Moves

**5 Ways to Save Like a Boss!**

**How to Ensure Positive Financial Outcomes in Times of Conflict**

**Before you Make Debt - Read This!**

**Tips & Tricks to Survive the Rising Prices**

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Rising Prices = More Reason to Try These Tips



**"Every time you borrow money,  
you're robbing your future self."**

*~ Nathan W. Morris*

## Dear Readers,

Welcome to our first magazine edition of Debt Rescue's Money Moves initiative. Money Moves was born out of a need to empower the South Africans financially through providing free easy-to-digest information.

Our built-in website blog has always been driven by a need to empower the people with financial wisdom and wellbeing. However, as the digital age expanded, we knew that we had to as well.

We have worked very hard in bringing you the best content that has been tried and tested to work wonders for your pocket. We have our YouTube Channel which covers financially empowering topics every week, you are welcome to subscribe below.

Money Moves with Debt Rescue intends to expand even further into webinars and other online offerings to really grow the South African consumer pocket.

Knowledge is power, and knowledge over your finances is the most powerful wisdom that you can have in this day and age.

We look forward to hearing from you, and thank you for being a valued part of the Money Moves with Debt Rescue initiative.

## Dear Readers,

### We would love to hear your stories.

Every month we will feature the most moving letters, **two of them will win R250 each** and have their own feature page in our Money Moves Digimag.

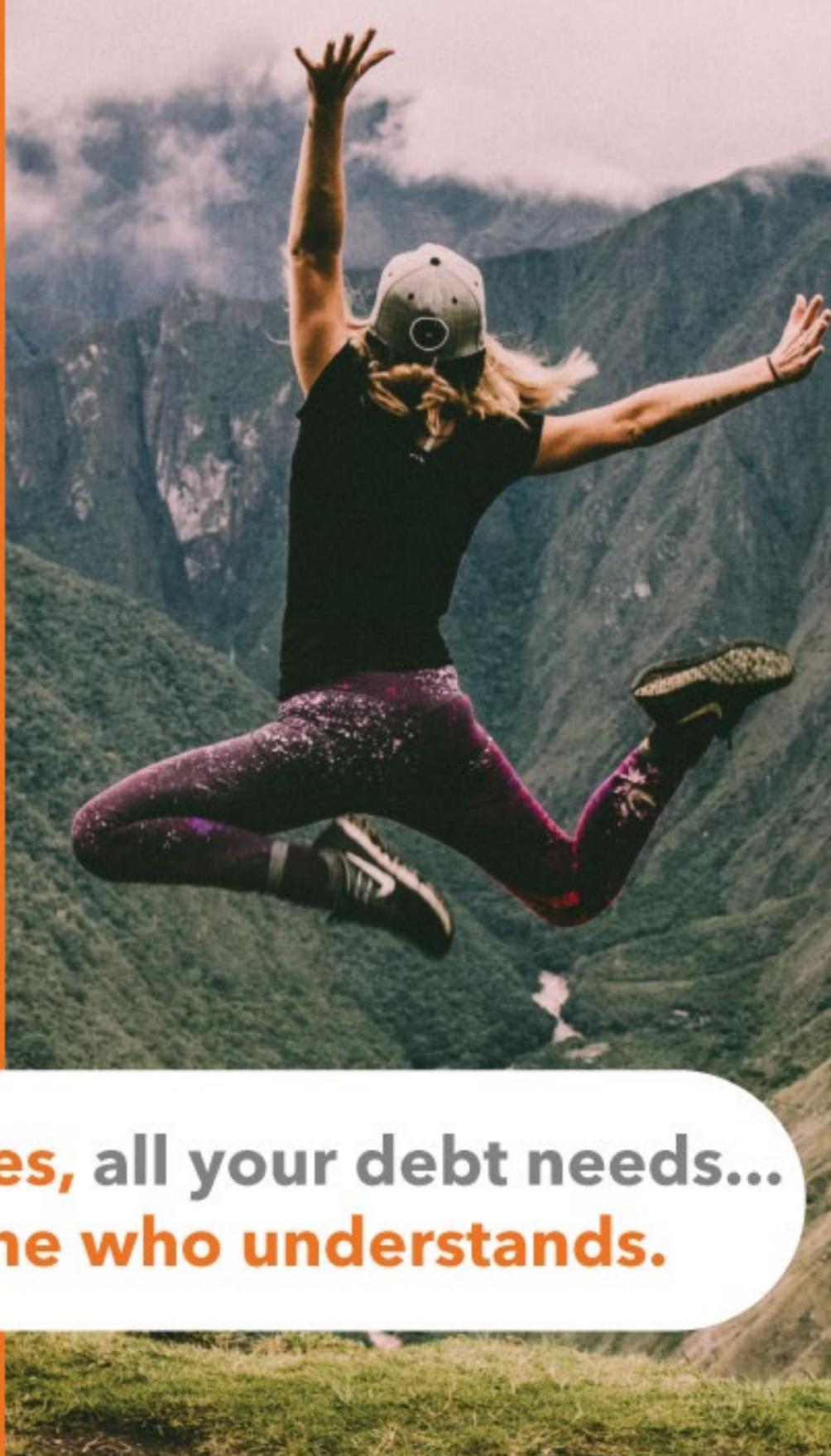
You are welcome to remain anonymous if you wish. However, if you would like to send a photo along with your submission, your name and surname and area, then you are welcome to do that as well. Please just stipulate how you would like us to publish your identity in your letter to us.

### Our question to you this month is:

**How have the rise in prices affected your sense of overall wellbeing? How has your life had to change? Do you have any tips to help other readers out there?**

Send your letters to:

[Editor@DebtRescue.co.za](mailto:Editor@DebtRescue.co.za)



**Sometimes, all your debt needs...  
is someone who understands.**



**Debt Rescue**

Pay what you can afford

[www.DebtRescue.co.za](http://www.DebtRescue.co.za)

# 3 Important Questions You should be asking yourself Before Making Debt

**Debt is everywhere. You can even purchase your groceries on credit in South Africa. With the current economic state of the country, many people have no choice but to buy on credit.**

These decisions to make debt to ensure your livelihood is sustained, or even just to survive month to month can quickly become overwhelming.

In this article we discuss three of the most crucial questions that you should ask yourself before choosing to make debt.

## **Question #1: How Will My Actions Affect My Credit Score?**

There is good debt, and bad debt. Good debt is debt made and used only for those aspects of life which we could not avoid, or which we needed. Bad debt, on the other hand, is debt made and used for luxuries. Think of the new car on the market. You really want it, but you have a car that runs perfectly. Your car does not look very nice, and if you managed to get the finance for the new car, you would be the envy of everyone.

This is an incorrect decision regarding debt. You are throwing yourself into a financial contract that will depreciate as time goes on.

Even if the car looks incredible now, accidents happen, time wear and tear on the car will happen whether we like it or not. The car is also never going to be the same value which you paid for it. From the moment you buy it, it begins depreciating. On the flipside of using a car as an example. Perhaps your car needs a service and you do not have the finance to carry the bill. A small loan to cover the costs would be considered a good debt.

## **Question #2: Is this Debt a Necessity or a Luxury?**

Making debt should never be taken lightly. Wherever possible you should be paying cash for items and not taking them on debt. This is the ideal situation of course, and making debt is usually a lifesaver.

Before choosing to sign yourself into debt, make sure that you ask whether the item is a necessity or a luxury. Take a moment to write down what life would look like without this item, and what it would look like with it. For example, you need a new wardrobe, but you do not have the cashflow to go shopping. A clothing account would not be as much as you think every month and is perfectly afford

able to you at this time. The issue does not arise with affordability in the present moment, it arises when we experience an emergency and have already made debt to fit our affordability. Making more debt would render you over-indebted. This is why it is imperative that you choose wisely and never make debt for luxury items, only necessities.

**Question #3: What Will This Item Look Like 3 Years from Now?**

Instant gratification is a huge selling point for creditors. Having the item of your desire right now is so tempting, that it takes a very disciplined person to say no all the time. Instead of seeing all the items that you want as they are, imagine them in three years. Clothing will definitely not look the same. Cars will change. Loans will have been spent and most items, except for a house, will have depreciated. Unless of course you do not look after your home.

A home loan is one of the better debt choices. Property value rises and falls with the market, but it always keeps value. With everything else on credit, you will be losing, and the amount of stress that you will subject

yourself to because of instant gratification and superb marketing from the creditors, you need to be strong to resist taking that apparent upgrade in life.

No matter how you choose to work with your finances, remember that debt is not always your friend, and it will hurt your financial health if you are not careful. It is wise to act with wisdom and understanding instead of reacting impulsively. It is not easy, but if you put your mind to it, you can do anything.

“  
**Take a moment to write down what life would look like without this item.**  
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**5**  
**Ways to Save**  
**like a**  
**BOSS!**

**We all understand the need for money, the want for money and what money does in our lives. Perhaps it is easier to understand what life looks like when it is filled with the wish for more money. "If only I had money for..." If you have ever found yourself saying those words, then this article is for you.**

Saving is not everyone's strong point, and nor is discussing finances. We, as humans will discuss almost any topic, including politics, but when it comes to money, all we hear coming from our mouths is complaints. Before you even begin trying to start saving like a boss, you need to change your perspective on money.

Money is your friend. Money is a globally agreed upon system of exchange, and that is it. It is not a bad monster or a taboo subject. Well, it shouldn't be. It should be something that you work with. A tool for life. It should also be treated as such. Never think about the amount of money that you wish you had. Work with what you have right now. Once you have this perspective and your frame of mind is

## #1 - Have a Goal in Mind

You need to know where you are going and what you want to do with your money. You need to stick to this path and make sure that you do not deviate. If you do, read #4: Be Okay with Making Mistakes. The end goal can be anything. This is your main goal. Once you have it written down at the top of a piece of paper, a vision board or even your diary, you can begin setting smaller goals to get you where you want to go.

Now you know where your money needs to go. You are clear about the road ahead, or at least clearer than before. With this new perspective, it is time to plan where you need money to accomplish goals.

“  
**Money is your friend. It is not a bad monster or taboo subject.**”

These amounts become smaller saving goals. It is wise to begin with the smaller amounts first. Once you reach one or two of these goals, you will notice an incredible drive to complete all the other goals. Planning however, and goal setting, is imperative to get where you want to be.

## #2 - Watch Your Words

Speak about your money as though it were listening. Always speak positively about your finances, and if there is nothing positive to speak about, do not say anything. Payday is probably one of the worst days for most people because they see their money coming in and then the debit orders start pulling the money off. Like tearing the skin from the person, and for the rest of the month all they do is remind themselves of how terrible the month is. Stop.

Understand where your money is going. Don't blindly wait to see what is left for living. Print out your bank statements and engage with your finances. Your money does not belong to anyone else but to you. You are the master of your financial health, and it is important that you take the reins and own them, like a boss! Look at each charge on your statements and question why it is there. Understand where your money is going.

## In Conclusion....

We tend to live in a world where living for oneself and looking after the self financially is frowned upon. People refer to such people as 'stingy' or even heartless. If you choose to give your money away all of the time for everyone around you, you are never going to reach your goals. To save like a boss means that you need to act like a boss and remember that you come first. When you are looked after and all your needs met, including your savings, you can begin branching out and looking after the finances of others if you choose to do so.

Knowledge is power and intimate knowledge of your finances is complete power.

## #3 - Do Not Discuss Your Savings with Anyone

The nest egg is an important part of your life, but it's yours. Whether your savings account is sitting at R1 or R100k does not matter. It is there, it is yours and should never be discussed with anyone, not even your spouse or children or family. And most certainly not your friends, besties or not. The personal power key of life lies in your savings account. Savings allow you to live life knowing that you have someone or something that has your back in difficult times, or that is working towards a common goal. It is empowering, regardless of its size.

When we make our savings known to people, they want to cash in on it. Family members will ask for favours or help in times of crisis. Your savings are not there to help others, they belong to your main goal, nothing else. It may seem a little tough to say no while you have money stashed away, but tough decisions need to be made if you want to reach the stars. Of course, there are instances where this is not true, like in the case of saving someone's life.

## #4 - Instant Luxury or Goal in Mind

You have a choice every time that you spend money. You choose between boring and luxury, spoiling yourself simply because it is month end or putting the money away towards the end goal. Buying your children, the biggest toys now or putting money away for their education. It is a difficult decision that no one wants to make. It is always easier to allow the heart to control the pocket. We tend to find resistance from those around us when we are strict about our finances, however, financial health requires careful planning and thinking with the head and not our emotions.

## #5 - Surround Yourself with What You Aim to Achieve

People confuse this Boss Saving Strategy with 'dressing for success', and it is nothing like that. You do not need to buy fancy jewellery and wear designer labels to get where you want to be. In fact, buying clothing at the thrift store and haggling prices down is how you get to where you want to be. #5 means that you surround yourself with life content which promotes where you want to be. Listen to podcasts, videos and

# How to Ensure Positive Financial Outcomes In Times of Conflict



**The global landscape is littered with conflict at this moment. In all this uncertainty, decisions are rash and become a moment-to-moment action without much time for thorough planning to find resolution. War is a larger scale of home conflict, divorce, separation and the various other forms of domestic quarrels.**

It is never easy to resolve conflict, regardless of the level at which it occurs. We can never control anyone else's decisions or actions either. What we can do is exercise restraint, watch our words and keep our side of the conflict as ordered as possible.

## **So why is conflict management important?**

When emotions enter the space of conflict, the chance of both parties walking away feeling fulfilled are almost zero. The reason that conflict management is so important, is that almost 60% of the time, the conflict has a financial implication attached to it:

- Divorce lawyers understand the financial wars between couples;
- Countries at war have unimaginable financial consequences right around the world;
- Conflict at work can cost you a salary at the end of the month
- 

And the list goes on.

When we manage conflict within our own lives and ensure that we keep our side in order, we can sidestep many of these financial potholes that could otherwise be disastrous. Today, we discuss the solutions that you can use to ensure more positive outcomes are met in any conflict that you face.

## **Touch - Pause - Engage**

One of the most powerful techniques to incorporate into your life is that of Touch, Pause, Engage. What this means is that once two or more opinions have been voiced, and there is an air of disagreement, it is imperative to step away.

Usually, saying something along the lines of "I hear what you are saying, please give me a moment to process this and I will come back to you with an answer." This way, you have just averted conflict. You have also provided both parties with the opportunity to find calm and to work on delivering the most promising solution to the problem.

Touch-Pause-Engage is effectively used within the corporate space, however, it is just as effective at home. It is a cyclical approach, meaning that once you engage that person again and tensions arise, where no resolve can be seen, it is important to step away again. It sounds long-winded, but it is effective, and can save you from irreparable damage in your life.

## **The True Art of Listening**

When we are armed with an answer, there is no chance that you are listening to anyone or anything. You are simply waiting for your chance to say what you have come to say. To premeditate a conversation in any setting is disastrous.

Conflict happens when parties are simply hearing each other and not listening. Listening means that you understand, process and can empathise with the opposing opinion, even if it seems preposterous to you.

To do this, take a deep breath in and focus on every word that they are saying. Keep the attention on the conversation. When your mind starts screaming again, bring focus back to what the other person is saying.

## **Speak Slowly and Clearly**

In the heated moment of conflict, we tend to speed up our word rate, and articulation is nowhere to be found. As we discussed above, we are also not listening and so, nothing is resolved. It is important to slow down your speech as much as possible.

Not sarcastically so, but just enough that the other person can clearly understand what you are speaking about. It is also extremely helpful to ask, "Do you understand what I am trying to convey?"

## **No Competition**

Humans are competitive in nature. You can witness this nature all around you. Almost everyone attempts to be the best in what they do.

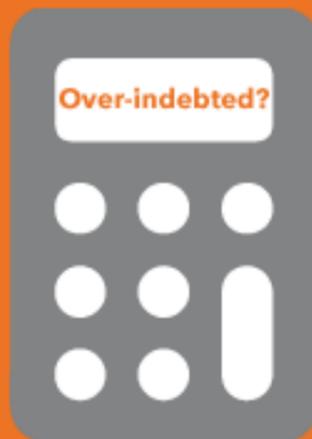
Sometimes these competitive natures are used in completely the wrong manner. Especially in the area of domestic conflict. The person that you once loved and would give your life for, becomes the enemy, and both parties are at war attempting to see how badly they can hurt one another.

When we remove the competition, we can speak to the other person without needing to react to every word and sentence. Your opinion is important, but it is just as important as the other person's opinion. With this understanding, allow them to speak, allow them to finish speaking. Once they have had their say, ask them politely if they are done, and then use that time to speak slowly and clearly.

## **Action not Reaction**

Reaction is what most humans are excellent at. We are faced with a problem and immediately go into our modes of fight, flight or freeze. This is why the 'Touch-Pause-Engage' discussed above is so important. What is more important is that you begin forming the habit of action and not reaction. When the problem is in your face, step away. There are many instances where this is not possible,

**FREE Online Tools to Make Your Money Work FOR YOU**



but where it is possible, choose to think of the consequences of your actions. Play out the scenarios in your head and see which one will cause less pain to all who are involved. When you are as pleased with the outcome as you can be, take action.

Reaction causes more problems. In general, we should be of the mind where we choose the paths of least conflict for everyone involved.



### Sacrifice

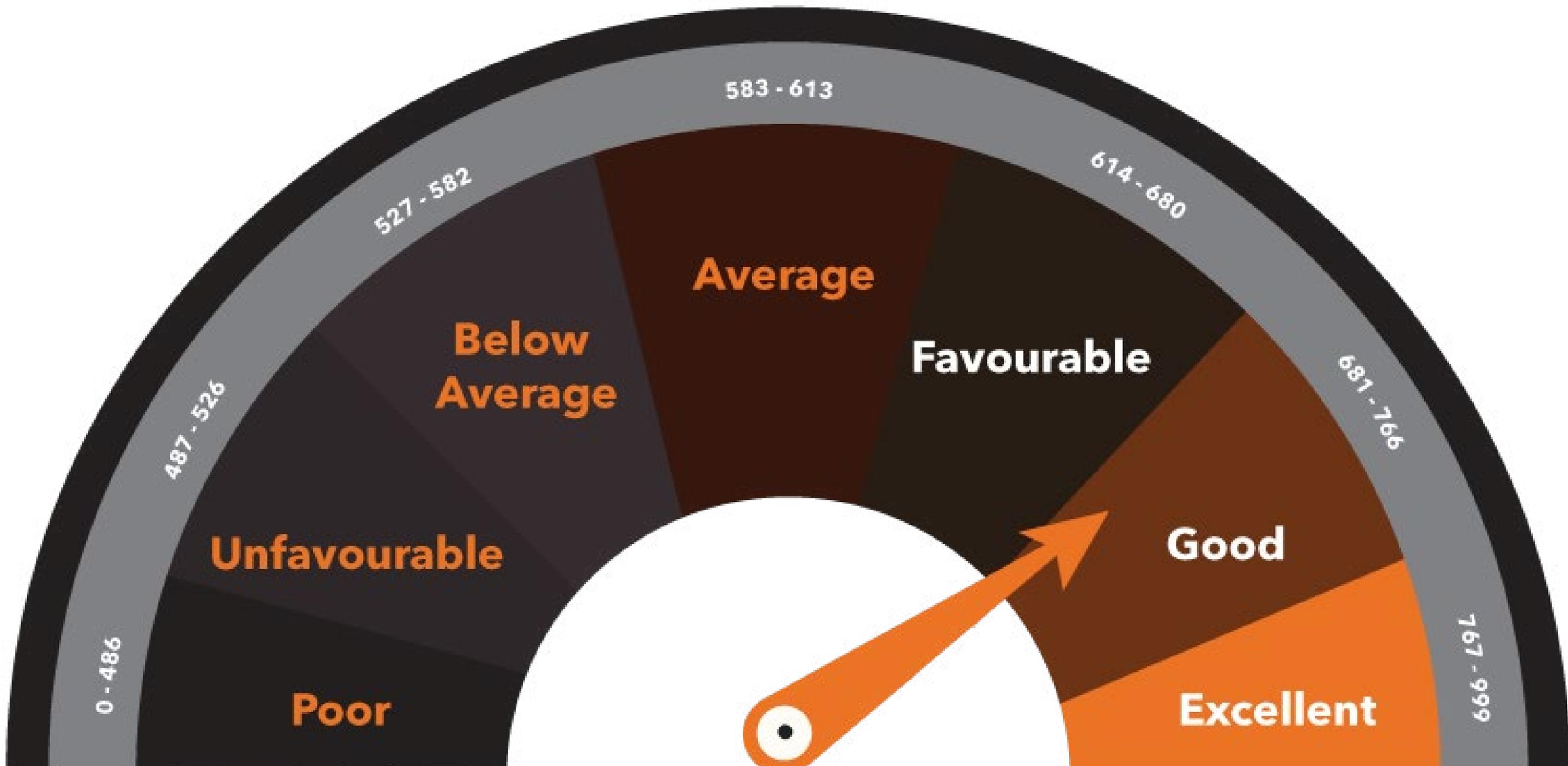
It is not good to always be the one sacrificing. Your life and opinions are just as important as the next persons, however, sometimes sacrifice is necessary. Especially if it is going to avert a serious problem. In heated conflict where you feel unsafe, it is also better to keep quiet until you are in a place of safety. While it is our nature to 'get even' in such a time, it almost always ends badly on one end or the other.

Conflict is never a 'feel-good' experience. If we can keep our side clean and always treat the other person with respect - even if you think they do not deserve it - then your side will always feel better than it would. Conflict causes trauma, whether on a global or domestic level. It is important to journal or speak to someone to get the trauma off your chest

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**When we remove the competition, we can speak to the other person without needing to react to every word and sentence.**

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# Get Your FREE Credit Report Sent to You

Want to Know More about Credit Scores and how it all works?

# HIGHER PRICES = MORE REASON TO TRY THESE TIPS

**The entire world has started to hold its breath, waiting to catch a glimpse of the new financial picture rendered by the consequences of the Russia-Ukraine War. The effects in South Africa are speculated to include every level of our livelihoods, from petrol to electricity.**

Luxuries are something which, if you want to be prepared and survive, will have to be cut down by at least 50 percent, if not removed completely.

You can survive whatever comes to you, if you follow the guidelines below. These budget tips are not only to allow you to survive the coming price hikes, but they are also excellent habits to begin forming if you want to work better with your money and thrive financially.

## **Understanding that Every Cent that You Save Combats the Rising Prices**

The important part of saving is to understand that every cent saved makes a difference in the long run. The more frequently you change your lifestyle with small savings the bigger the saving is over time. We want to see the change immediately, and saving does not always work like that. In some households there is not that much money to work with, or there are far too many debts to concentrate on to be able to put away a significant enough portion of money to see it grow immediately.

When you understand that even a small saving, a baby step, is a step in the right direction. Once you start saving, working on your budget and being more money conscious, you will begin enjoying seeing how your life is empowered financially.

## **Read the Newspaper Inserts**

We always think of old grannies or grandpa's who walk through the aisles at Checkers with their newspaper insert, looking for the items they circled in red pen at home. It's not only for them, it's for everyone. Walking with your newspaper adverts doing your groceries makes you intelligent.

It shows people that you are money conscious. Planning your shopping beforehand and sticking to that plan, no matter what, gets you into the habit of exercising your willpower over temptations.

## **Begin a Veggie Garden**

Let's say you do not have a big garden, or the time. There are excellent ideas on Pinterest for windowsill herb growers, and growing tomatoes in a large pot in a sunny room, keeps the bugs at bay, and you have a good supply when you need it.

If you are fortunate enough to have a garden area, growing a veggie garden is one of the best things you can do for your pocket as well as your mental health.

## **Cash-in on Loyalty Cards**

Loyalty cards make a small difference which adds up over time. Almost every grocery store has one. It is important to have one and carry it in your purse. It may even happen that people ask to make use of the savings by using your loyalty card, which means extra savings for you in the long run too.

## **Learn from Loadshedding**

We are always complaining about loadshedding in South Africa, but on the positive side, it has made us extremely creative in finding alternative ways to live life. Use some of these ways, like braaiing over the fire on a weekend instead of using the stove. Or using candlelight when having a bath instead of the lights. Remember, every little bit counts.

## **Do Not Use Debt**

There is good and bad debt. When we use debt to balance the household, we are throwing ourselves into the start of a very dark tunnel. It is important to always take the monthly budget seriously and realize that not caring about the consequences for even a moment will damage your financial health. It is never wise to use debt to cover debt either. It would be wiser to make a responsible decision and understand that you need to cut back or that you need assistance in bringing those debt payments down.

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...even a small saving, a baby step, is a step in the right direction.  
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**Nothing can stop a dream.  
Not even debt.**



**Thank you for supporting this proud initiative by**

**Please send any correspondence to [Editor@DebtRescue.co.za](mailto:Editor@DebtRescue.co.za)**