



HOW TO BE A SAVVY SPENDER

Buying things can be loads of fun, right?

There's a reason for that: research has found that buying something new and exciting can release feel-good hormones such as endorphins, dopamine and serotonin in our bodies. This makes us want to buy more to keep feeling good. But later, we might regret it. Sneaky hormones! So before you go "Shut up and take my money," ask yourself these six questions...



1 Do I NEED it, or just WANT it?

You NEED food and a paid power bill to survive and stay warm. You NEED new shoes if your old ones have holes in them. You might WANT that new iPhone – but there's nothing wrong with your old phone, is there? Nope.

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2 If I save now, can I afford something nicer later?

Like: full-price Adidas kicks vs Adidas kicks on sale. Or a Surfers Paradise weekend vs a week in Bali.

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3 Is this the best price?

Shop around on different websites or in different stores – you might save a lot of money, or even decide that you don't really need to buy the thing after all.

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4 Cheap buy or investment buy?

Sometimes it's worth saving up and spending more money on something that can last a long time, and will be used regularly. A good winter coat or a good backpack can last for many years!

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4 How long will I use this for?

Short-term buys just end up in landfill. Save the environment: ditch fast fashion!

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6 Will I go into debt if I buy this?

Debt happens, like with a home mortgage or student loan. But if debt happens because you're buying expensive new sunglasses, you're doing money wrong!

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REMEMBER:

- DON'T buy on credit, or use a credit card: only buy something if you have the cash to pay it off immediately.
- Be careful with AfterPay: it's easy to get carried away and buy more things than you can afford to pay off.



Get in touch

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