child for $250,000. The amount of cover will, of course, depend on the age of the child and your circumstances but you'll want to consider food, clothes, any special medical requirements and education (extracurricular activities, school fees and university or training). You may also want to consider insuring yourself for a higher amount while you're establishing your career and have children at home. Then reduce the cover when your kids get older, or you're in a more stable position financially.

## 5 START YOUNG, START TODAY

Hannah Dyer, bank manager, suggests everyone should have a nest egg set aside that you don't touch unless emergency. Everyone will have a different figure, so be sure to take into account family dynamics, whether this is double income no kids – DINK, dually employed with kids – DEWK, middle aged with adult kids or nearing retirement. We should also consider our lifestyle expectations, whether you like to live modestly or comfortably and when you think you'd like to retire. In Northwestern Mutual's 2016 Planning & Progress Study, 29% of women stated saving for retirement was a big source of financial anxiety, in fact, according to an American Psychological Association poll, it's the number one stressor in America. Dyers also suggests that we should boost our superannuation by increasing contributions, consolidating super and working with a financial advisor or banks to invest savings and superannuation in schemes that suit your age and stage. As a general rule you have the ability to take on more risk in investments when you are younger compared to needing a more stable portfolio as you near retirement.

## 6 FOLLOW THE 24-HOUR RULE

We all fall into the trap of retail therapy, swiping the credit card and enjoying the buzz we get from a good shopping expedition. We know that shopping doesn't help with saving, but we also can't stop ourselves from treating ourselves every now and again. In fact, according to the Journal of Accountancy 65% of millennials admitted impulse shopping is the main reason they struggle to save. It's not just millennials who are guilty of this either. To be a savvy shopper, we should follow Stefanie O'Connell's 24-hour hold policy. Instead of buying something right there and then and experiencing buyer's remorse, O'Connell suggested on her money savvy blog that we should hold off 24-hours on "pulling the purchase trigger". Chances are the buzz you feel about this must-have product will wear off and you will not end up buying a new dress and leaving it in the back of your wardrobe for two years. If you really have to have it now, think like Penny Comins, sales and business coach for female entrepreneurs and make way for the new by getting rid of the old. "Often when you need to find the extra cash for a payment or that dress that is a must you have the money right under your nose. You just don't realise it. What can you sell that you don't use or need anymore? Is it last season's dress or the jewellery you got given three Christmases ago that you are only keeping because you think you should. Don't get nostalgic, clear out the old to make way for the new. "

## 7 BE REALISTIC

Comins suggests that instead of focusing on removing the morning coffee before work to save $4.50 think about what it means to you. Is it the interaction you enjoy? Is it the chat with the barrister? If so, then don't remove it. Keep your morning coffee in the budget and see it for what it is, your soul deposit. Remove something somewhere else that has no emotional connection, like the bag of crisps at night in front of the TV, or reduce your phone package to suit your data usage. This way you will stick to your budget because you get all the things you love. There is no deprivation in saving.If you want to be super savvy then go for a simple coffee like a long black, saving you a $1 a day. A total of $260 a year.

## 8 INVEST IN A HOME, THE RIGHT WAY

Joanne Chen, Business Development Manager at Squirrel Mortgages, reminds us the benefits of investing in a home. The increase of the average household income is never going to be comparable to the increase in property prices: It's a truth universally accepted. So don't save for extra spending money, save for building a property portfolio. Let your properties make you money to spend on the things you love. Before buying your first property, save hard. Really hard. Don't spend money on a $300 pair of jeans. Save for a deposit, and then you can buy as many pairs as you like once you start enjoying the equity in your property. After buying your first property, save for your investment properties. They will eventually bring you financial freedom. After this, you won't have to save anymore.

## EASY SAVING TIPS

*Foster shares some tips that are so simple and easy to follow, that we often forget to do..*

- Budget your income to include an automatic savings each week to a separate account
- Research banks to find the best interest rate for your savings
- Transfer debt: take advantage of 0% balance transfer offers and get your debt paid down without the cost of interest
- Ensure your husband/partner is on the same page, working towards a goal together holds you accountable (whether you are the addicted online shopper or he needs the latest gadget, this will mean you both work together to keep your savings from burning a hole in your pockets)
- Pay debt before savings as your interest is very likely to be higher on your debt than your savings account
- Alongside your savings, pay additional amounts into your mortgage. Making a small payment on top of your minimum payment each week can take years and thousands off your home loan.