

21

WAYS
TO SAVE

\$21,000

IN THE NEXT
12 MONTHS

VISTA
FINANCIAL GROUP



MASTER YOUR
MONEY NOW

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Version 1 (April 2023)

VISTA
FINANCIAL GROUP



**MASTER YOUR
MONEY NOW**

VISTA

FINANCIAL GROUP

Despite name changes over time, Vista Financial Group has been in operation for over twenty years. Prior to the current business name becoming prominent, the business entity originally operated as Barry Neve and Associates. Through the period between 2001 and 2006, Barry was active in acquiring business which allowed the practice to grow and ultimately form Vista Financial Group.

Vista as we know it today, was formed in 2006 with four active advisers at the time – Barry Neve, Jeff, Chignell, Patricia Baker and Chris Carroll, with a fifth adviser, Ray Atkinson joining not long after. Vista Financial Group has evolved over time and has seen the number of team members and service lines grow into a business that today proudly provides Financial Advice, Lending and Finance, Aged Care and Estate Planning services to many valued and long-standing clients.

The business has had many respected advisers, and support staff over-time which have left a rich legacy and strong reputation of delivering quality financial advice. The core values established at formation continue to be a central focus of today's practice.



Founded in July 2018 by Chris Carlin, Master Your Money Now has been acquired by Vista Financial Group in 2023. They are an experienced and professional team who can take you by the hand and help you make sense of money. Their expertise includes helping millennials to increase their income, buy their first home and build their superannuation.

WHO WE ARE

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www.masteryourmoneynow.com.au

INTRODUCTION

Are you feeling the pressure of rising living costs and interest rates? As a millennial living in Australia, you're not alone. The cost of living in Australia has been steadily increasing over the years, and the recent rise in interest rates has made it even more challenging to make ends meet. However, it's not all doom and gloom. With the right mindset and some smart money-saving strategies, you can turn these challenges into opportunities to improve your financial situation.

It's important to keep in mind that every individual's financial situation is unique, and the results you achieve from implementing these tips may vary. The key is to stay committed and be willing to put in the effort to make positive changes. As the saying goes, "you only get out what you put in." While some tips may require more effort than others, every step you take towards improving your financial situation is a step in the right direction.

In this eBook, we'll share 21 practical ways to save \$21,000 in the next twelve months. These tips are specifically tailored to the Australian millennial audience but we believe anyone reading this will benefit from it. We understand that not everyone has the same financial situation or goals, so we've included a variety of tips that you can choose from based on your preferences and circumstances.

Whether you're trying to pay off debt, save for a house, or build up your emergency fund, these tips can help you get there faster. From reducing your bills and cutting back on expenses to making extra income and setting financial goals, we've got you covered. We'll also provide estimates of how much you can expect to save and how much effort each tip requires, so you can prioritize the strategies that work best for you.

So, if you're ready to take control of your finances and save big in the next twelve months, keep reading.



CREATE A BUDGET

EXPECTED SAVINGS: \$2,000 - \$5,000 PER YEAR

EFFORT: LOW TO MEDIUM

Creating a budget is the foundation of good financial management. It's an essential tool that can help you track your expenses, identify areas where you can cut back, and plan for your financial goals. The good news is, creating a budget doesn't have to be complicated. Here are some steps to help you get started:

CREATE A BUDGET

Track your expenses: The first step in creating a budget is to track your expenses for a few weeks or a month. This will give you an idea of where your money is going and help you identify areas where you can cut back.

Categorize your expenses: Once you've tracked your expenses, categorize them into fixed expenses (e.g., rent, utilities) and variable expenses (e.g., groceries, entertainment).

Set financial goals: Decide what you want to achieve with your budget. Do you want to pay off debt, save for a down payment on a house, or build up your emergency fund? Setting financial goals will help you stay motivated and focused.

Create a budget plan: Using the information you've gathered, create a budget plan. Start with your fixed expenses and subtract them from your income. Then, allocate the remaining funds to your variable expenses and financial goals.

Stick to your budget: The key to making a budget work is to stick to it. Review your budget regularly and make adjustments as needed. Use tools like budgeting apps or spreadsheets to help you stay on track.

By creating a budget, you can expect to save anywhere from \$2,000 to \$5,000 per year. This estimate will depend on your current spending habits and how much you're able to cut back. However, the effort required to create a budget is relatively low to medium. It may take some time to track your expenses and set up your budget plan, but the long-term benefits are well worth it.

References/ Sources:

ASIC MoneySmart - Budgeting: <https://moneysmart.gov.au/budgeting>

Australian Government - MoneySmart: <https://www.moneysmart.gov.au/>



CUT DOWN ON TAKEAWAY MEALS

EXPECTED SAVINGS: \$1,500 - \$2,500 PER YEAR

EFFORT: LOW

Eating out or ordering takeaway meals can quickly add up and eat into your budget. A meal that costs \$20 may not seem like a lot, but if you're doing it a few times a week, it can add up to over \$2,000 per year. Cutting back on takeaway meals is an easy way to save money without sacrificing too much..

CUT DOWN ON TAKEAWAY MEALS

Here are some tips to help you cut down on takeaway meals:

Meal planning: Planning your meals ahead of time can help you avoid the temptation of ordering takeaway. Set aside some time each week to plan out your meals and make a shopping list. This will also help you save money on groceries by reducing food waste.

Cook at home: Cooking at home is not only cheaper than eating out, but it's also healthier. Invest in some basic kitchen equipment and try out new recipes. You can find plenty of recipe ideas online, or you can buy a cookbook for inspiration.

Batch cooking: Cooking in batches is a great way to save time and money. Make a big batch of your favorite meal and freeze the leftovers for later. This will help you avoid the temptation of ordering takeaway when you don't feel like cooking.

Brown bag your lunch: Bringing your lunch to work instead of buying takeaway can save you a lot of money over time. Invest in some reusable containers and bring leftovers from the night before, or make a sandwich or salad.

By cutting down on takeaway meals, you can expect to save anywhere from \$1,500 to \$2,500 per year. The effort required for this tip is low. All it takes is a bit of planning and a willingness to cook at home more often. You don't have to give up takeaway meals altogether, but by reducing the frequency, you can make a significant impact on your budget.

References/ Sources:

Choice: <https://www.choice.com.au/money/budget/budget-planner/articles/save-money-on-food-and-groceries>



COOK AT HOME

EXPECTED SAVINGS: \$2,000 - \$3,000 PER YEAR

EFFORT: MEDIUM

Cooking at home is not only healthier than eating out, but it's also a great way to save money. A meal that costs \$20 in a restaurant can often be made for a fraction of the cost at home. Here are some tips to help you save money on food by cooking at home:

Plan your meals: Planning your meals ahead of time can help you save money by reducing food waste and avoiding last-minute trips to the grocery store. You can find meal planning templates online or use an app like Mealime or Paprika to make the process easier.

CUT DOWN ON TAKEAWAY MEALS

Buy in bulk: Buying in bulk can help you save money on groceries, especially for non-perishable items like pasta, rice, and canned goods. Check out bulk stores like Costco or online retailers like Amazon to find deals on bulk items.

Use coupons and discount codes: Look for coupons and discount codes before you shop. You can find them in newspapers, on coupon websites like RetailMeNot or Coupons.com, or through cashback apps like Honey.

Learn to cook: Learning to cook is a great way to save money and impress your friends and family. You can find free cooking tutorials on YouTube, or invest in a cookbook like "How to Cook Everything" by Mark Bittman or "Salt, Fat, Acid, Heat" by Samin Nosrat.

By cooking at home, you can expect to save anywhere from \$2,000 to \$3,000 per year. The effort required for this tip is medium, as it may take some time to plan your meals and learn new cooking skills. However, the savings can be significant, and you'll also have the satisfaction of knowing exactly what's going into your food.

References/ Sources:

Good Food: <https://www.goodfood.com.au/recipes/news/14-top-tips-for-cooking-at-home-on-a-budget-20190903-h1hlv2>

Taste: <https://www.taste.com.au/articles/25-ways-save-money-cooking-home/VHFOcvfZ>



BUY IN BULK

EXPECTED SAVINGS: \$500 - \$1,000 PER YEAR
EFFORT: LOW

Buying in bulk can be a great way to save money on groceries, household items, and personal care products. By purchasing larger quantities, you can often get a better price per unit than if you were to buy smaller sizes. Here are some tips to help you save money by buying in bulk:

Make a list: Before you head to the bulk store, make a list of the items you need. This will help you avoid impulse purchases and ensure that you're getting the best deal on the items you use most.

BUY IN BULK

Check unit prices: To make sure you're getting the best deal, compare the unit price (price per ounce or pound) of bulk items to the price of smaller sizes at your regular grocery store. Sometimes, smaller sizes are actually cheaper per unit, so it pays to do your research.

Store properly: To ensure that your bulk purchases last as long as possible, make sure to store them properly. Invest in airtight containers for dry goods like pasta and rice, and freeze meat and other perishable items in individual portions to prevent waste.

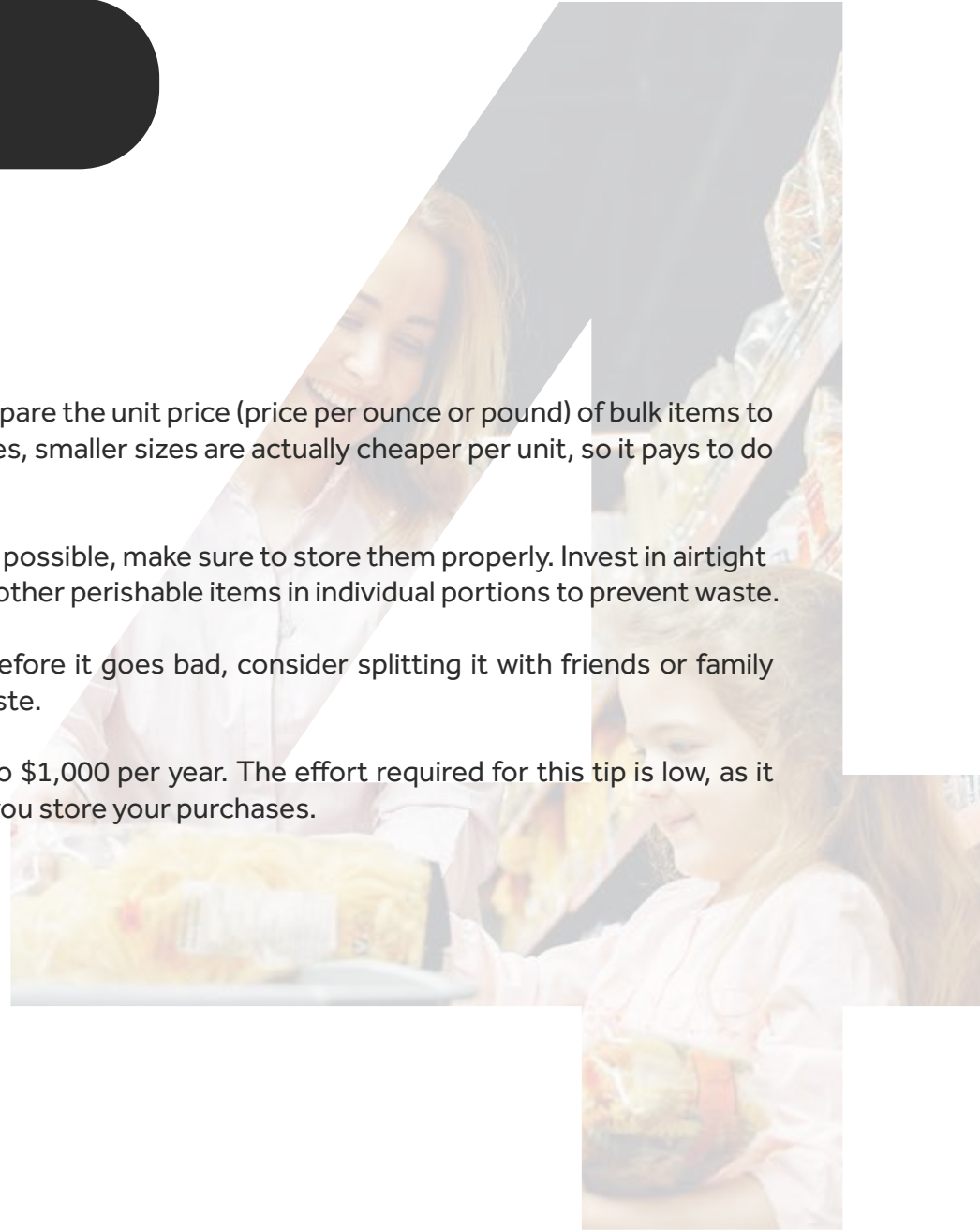
Share with friends: If you don't think you'll use up a bulk item before it goes bad, consider splitting it with friends or family members. This can be a great way to save money and prevent waste.

By buying in bulk, you can expect to save anywhere from \$500 to \$1,000 per year. The effort required for this tip is low, as it mostly involves doing a bit of research and being mindful of how you store your purchases.

References/ Sources:

The Balance Everyday: <https://www.thebalance.com/buying-in-bulk-to-save-money-1388722>

Lifehacker: <https://lifehacker.com/top-10-reasons-to-buy-in-bulk-and-save-big-1681987193>





SHOP AROUND FOR DEALS

EXPECTED SAVINGS: \$500 - \$1,500 PER YEAR

EFFORT: MODERATE

One of the easiest ways to save money on everyday purchases is to shop around for deals. Whether you're buying groceries, clothing, or electronics, taking the time to compare prices and look for discounts can add up to big savings over time. Here are some tips to help you shop smarter:

SHOP AROUND FOR DEALS

Use apps and websites: There are a variety of apps and websites that can help you find the best deals on the products you need. For example, Honey is a browser extension that automatically applies coupon codes at checkout, while Flipp lets you browse weekly ads from your favourite stores.

Look for clearance items: Many retailers have clearance sections where you can find deeply discounted products. Make sure to check these sections whenever you're shopping to see if you can snag a deal.

Use loyalty programs: If you shop at the same stores frequently, make sure to sign up for their loyalty programs. These programs can offer discounts, coupons, and other perks that can add up to big savings over time.

Buy off-season: If you're in the market for clothing or other seasonal items, consider buying them off-season. For example, winter coats are often heavily discounted in the spring and summer, while swimsuits and summer clothing can be found at a discount in the fall and winter.

By shopping around for deals, you can expect to save anywhere from \$500 to \$1,500 per year. The effort required for this tip is moderate, as it involves doing a bit of research and being mindful of when and where you shop.

References:

Finder: <https://www.finder.com.au/how-to-find-the-best-deals-when-shopping-online>

The Balance Everyday: <https://www.thebalance.com/how-to-find-the-best-deals-1387854>



USE PUBLIC TRANSPORT

EXPECTED SAVINGS: \$1,000 - \$2,000 PER YEAR

EFFORT: MODERATE

Using public transport instead of driving your car is not only better for the environment, but it can also save you a lot of money. The cost of owning and maintaining a car can be a significant expense, so opting to take public transport can really make a difference to your budget. Here are some tips to help you save money on transportation:

USE PUBLIC TRANSPORT

Plan your route: Before you leave the house, plan your route using a public transport app or website. This will help you find the quickest and most efficient way to get to your destination, saving you time and money.

Buy a pass: Many public transport systems offer discounted passes for frequent riders. These passes can save you a lot of money compared to buying individual tickets for each trip.

Carpool: If you can't take public transport for every trip, consider carpooling with friends or coworkers. This can help you save money on fuel and reduce wear and tear on your car.

Use a bike or walk: If you live close to your workplace or other destinations, consider walking or biking instead of driving or taking public transport. Not only will this save you money, but it's also a great way to get some exercise and fresh air.

By using public transport instead of driving your car, you can expect to save anywhere from \$1,000 to \$2,000 per year. The effort required for this tip is moderate, as it involves planning your route and possibly changing your daily routine.

References:

Transport NSW: <https://transportnsw.info/travel-info/getting-around/public-transport>

Public Transport Victoria: <https://www.ptv.vic.gov.au/getting-around/>

The Balance - <https://www.thebalance.com/save-money-using-public-transportation-1388341>

MoneySmart: <https://moneysmart.gov.au/getting-around>

Finder: <https://www.finder.com.au/save-money-on-transport>



BIKE OR WALK TO WORK INSTEAD OF DRIVING

EXPECTED SAVINGS: \$500 - \$1,500 PER YEAR

EFFORT: MODERATE

BIKE OR WALK TO WORK INSTEAD OF DRIVING

Biking or walking to work instead of driving is not only a great way to save money, but it is also a great way to stay active and reduce your carbon footprint. Cars are a significant expense, between fuel, maintenance, and insurance costs. Even if you have a fuel-efficient car, the costs can still add up over time.

On the other hand, walking or biking is free and can save you hundreds of dollars every year. The only costs you need to consider are the initial investment in a bike or comfortable walking shoes, and maybe a little extra time to commute. However, if you live relatively close to work, the time it takes to walk or bike may not be significantly different from driving, especially during peak traffic hours.

Additionally, biking or walking to work is an excellent way to stay healthy and fit. Regular exercise has numerous health benefits, including reducing the risk of chronic diseases such as heart disease, diabetes, and certain cancers.

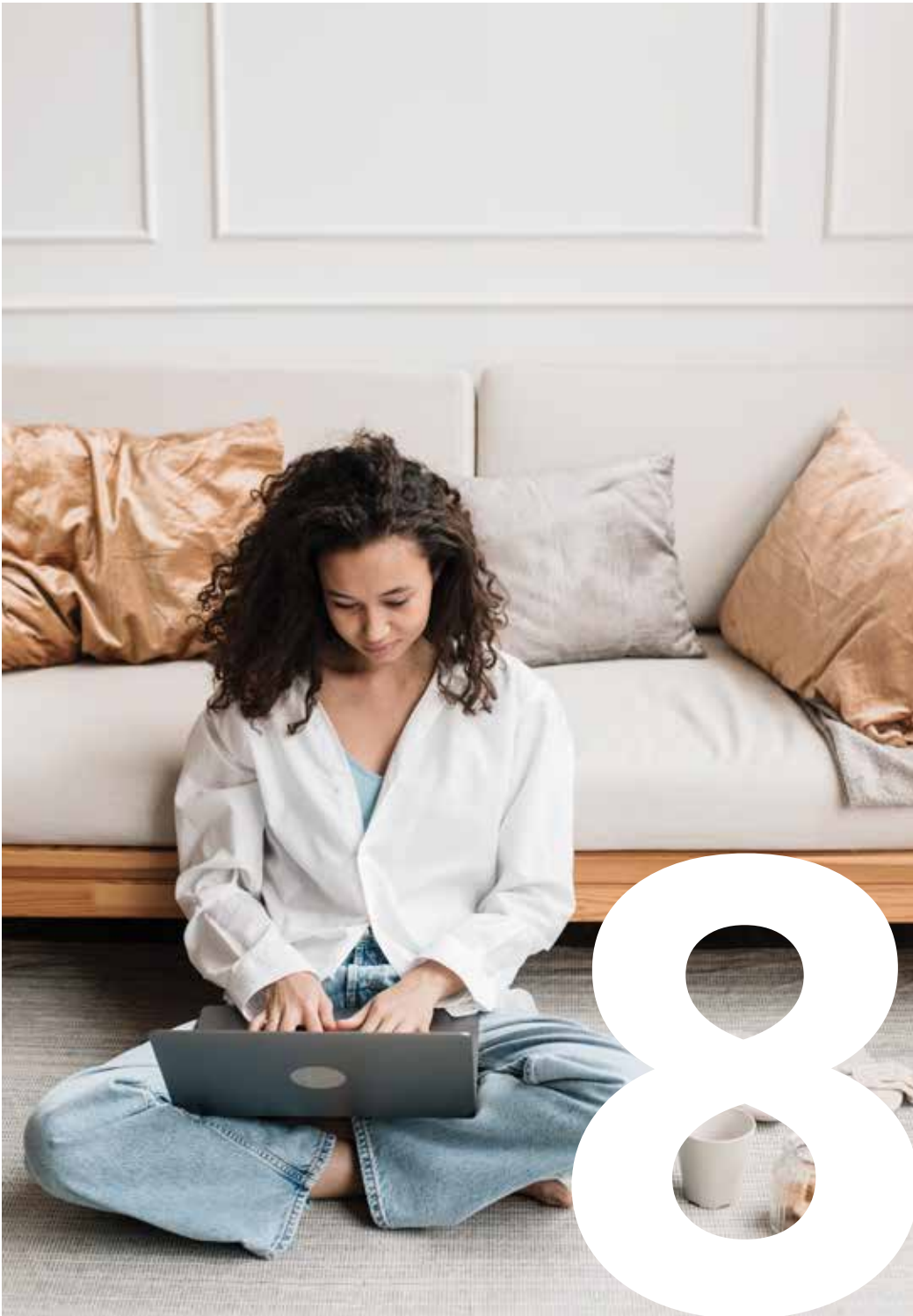
To get started, plan your route in advance and make sure it is safe and convenient. Consider investing in a good quality bike, helmet, and bike lock, or a comfortable pair of walking shoes. You may also want to invest in some reflective clothing or lights to make yourself more visible, especially if you are commuting during low light hours.

Overall, biking or walking to work can save you money, improve your health, and reduce your carbon footprint. The initial investment in a bike or comfortable walking shoes may require a little extra effort, but the savings and health benefits are worth it.

References/ Sources:

Finder: <https://www.finder.com.au/how-to-save-money-on-transportation>

City of Sydney: <https://www.cityofsydney.nsw.gov.au/live/transport/bikes/bike-to-work>



CANCEL UNUSED SUBSCRIPTIONS

EXPECTED SAVINGS: \$100 - \$500 PER YEAR

EFFORT: LOW

One of the easiest ways to save money is by cancelling subscriptions you no longer use. Many people sign up for subscriptions for services like streaming video or music, gym memberships, or meal kit delivery, but forget to cancel them even if they're no longer using them. These subscriptions can add up quickly, especially if they are not being used or if they are being duplicated across multiple people in a household.

CANCEL UNUSED SUBSCRIPTIONS

To start, go through your bank or credit card statements and make a list of all the subscription services you are currently paying for. Then, take a critical look at each one and decide whether or not it is worth the cost. Consider if you are actually using the service, if there are cheaper alternatives available, or if you can do without it altogether. If you find subscriptions that you are no longer using, cancel them.

Some subscriptions can be cancelled directly from their websites, while others may require contacting customer support. Keep in mind that some services may require a cancellation fee or have a minimum cancellation period, so be sure to read the terms and conditions carefully before cancelling.

There are also subscription tracking services and apps available that can help you keep track of all your subscriptions and remind you to cancel any that you're not using. These services can also help you find better deals on the subscriptions you do want to keep.

By taking the time to cancel unused subscriptions, you can potentially save hundreds of dollars per year with little effort.

References/ Sources:

Canstar: <https://www.canstar.com.au/home-loans/reduce-household-bills/>

Money Magazine: <https://www.moneymag.com.au/save-money-cancelling-subscriptions>

Mozo: "Cutting down on subscription services to save money" (<https://mozo.com.au/savings-accounts/articles/cutting-down-on-subscription-services-to-save-money>)



SWITCH TO A CHEAPER PHONE PROVIDER

EXPECTED SAVINGS: \$240 - \$600 PER YEAR

EFFORT: LOW

SWITCH TO A CHEAPER PHONE PROVIDER

Switching to a cheaper phone plan can be a great way to save money each month. Mobile plans can be expensive, and it's not uncommon for people to overspend on their phone bills without even realizing it. By comparing phone plans and switching to a more affordable option, you can save hundreds of dollars per year.

The expected savings from switching to a cheaper phone plan can vary depending on your current plan and the plan you switch to. However, according to a report by the Australian Communications and Media Authority (ACMA), Australians on average spend around \$44 per month on mobile services. By switching to a cheaper plan, you could save anywhere from \$10 to \$30 per month or more, which adds up to over \$100 to \$300 in savings per year.

Switching to a cheaper phone plan does require some effort on your part. It's important to do your research and compare different phone plans to find the best one that suits your needs and budget. You can use comparison websites like WhistleOut, Finder or Canstar to compare phone plans and find the most affordable options available. It's also important to check the terms and conditions of the new plan, including any contract lengths or early termination fees.

When switching to a cheaper phone plan, you may also need to consider the quality of coverage and network performance offered by the new provider. It's a good idea to read reviews and check coverage maps to ensure you're getting reliable service.

Some sources to help you find the best phone plans in Australia include WhistleOut, Finder, Canstar, and the Australian Government's MoneySmart website. These websites provide comprehensive information on the latest phone plans available, including pricing, features, and network coverage.

Overall, switching to a cheaper phone plan can be an effective way to save money without sacrificing the quality of service. With a little bit of research and effort, you can find a more affordable plan that suits your needs and budget.

References/ Sources:

Good Food: <https://www.goodfood.com.au/recipes/news/14-top-tips-for-cooking-at-home-on-a-budget-20190903-h1hlv2>

Taste: <https://www.taste.com.au/articles/25-ways-save-money-cooking-home/VHFOcvfZ>



CUT DOWN ON ALCOHOL

EXPECTED SAVINGS: \$500 - \$2000 PER YEAR

EFFORT: MODERATE

CUT DOWN ON ALCOHOL

Cutting down on alcohol consumption can not only have a positive impact on your health but can also save you money in the long run. According to the National Health and Medical Research Council, drinking no more than two standard drinks on any day reduces the risk of alcohol-related harm over a lifetime. By reducing your alcohol intake, you can save anywhere from \$500 to \$2000 or more per year, depending on how much you typically spend on alcohol.

Cutting down on alcohol requires a moderate amount of effort. It can be challenging to break the habit of having a drink after work or on weekends, but there are ways to cut down without completely eliminating alcohol from your life. One way is to set a limit on how much you drink each week and stick to it. You can also try switching to low-alcohol or non-alcoholic beverages, or opting for smaller serving sizes when you do drink.

To help you cut down on alcohol and save money, there are a variety of resources available online. The Australian Government's Health Direct website provides information on alcohol consumption, including the recommended guidelines for safe drinking. The Hello Sunday Morning website is a popular online community that provides support and encouragement for those looking to reduce their alcohol intake. The Hello Sunday Morning app also allows you to track your drinking habits and set goals for cutting down.

Other resources include the National Alcohol and Drug Knowledgebase, which provides information on alcohol and drug use, and the Australian Drug Foundation's Alcohol and Drug Foundation website, which provides information on alcohol use and its impact on health.

By cutting down on alcohol, not only can you save money, but you can also improve your overall health and wellbeing. It may require some effort, but the benefits are well worth it.

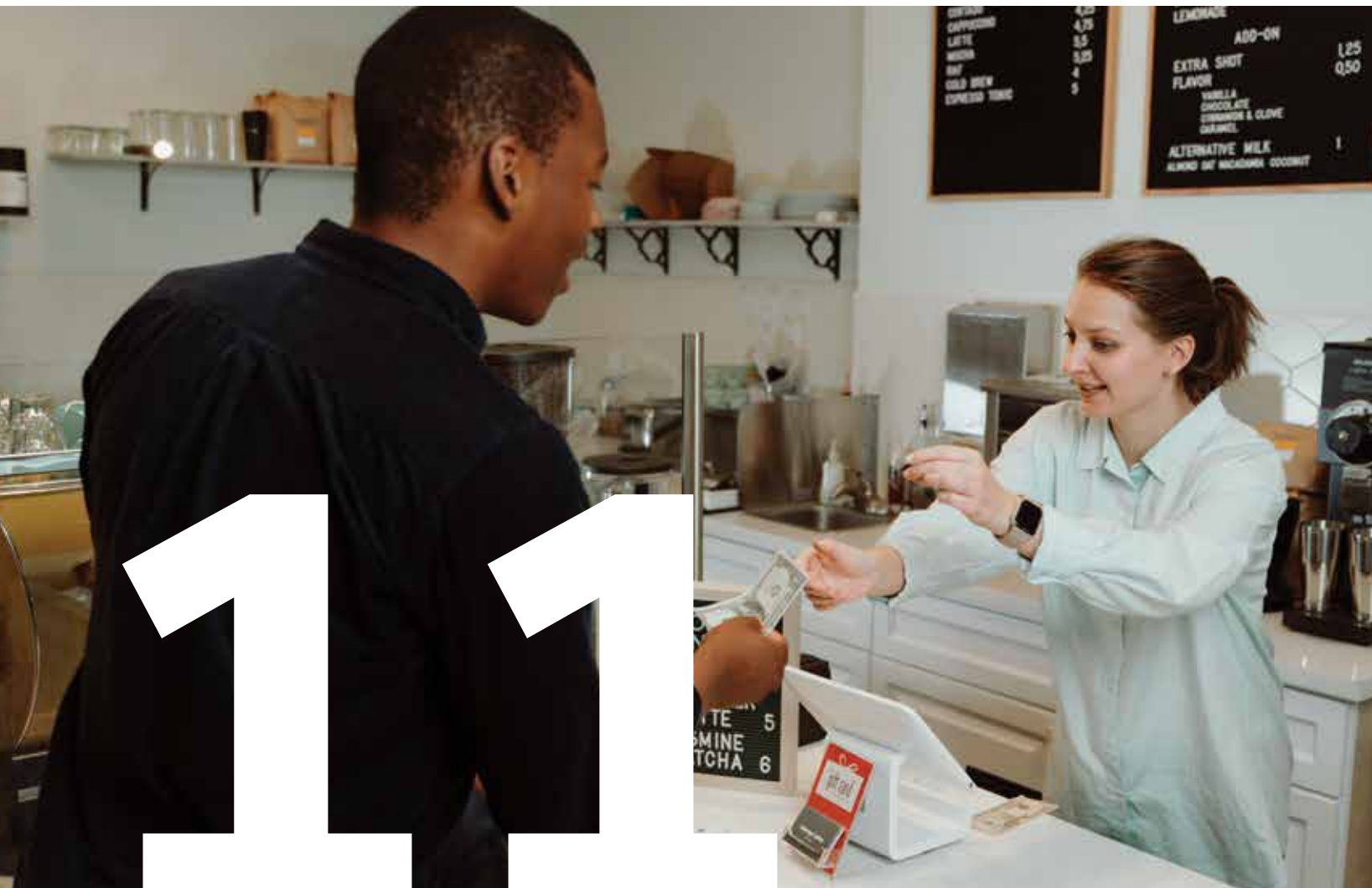
References/ Sources:

Health Direct - <https://www.healthdirect.gov.au/alcohol-harms>

Hello Sunday Morning - <https://www.hellosundaymorning.org/>

National Alcohol and Drug Knowledgebase - <https://nadk.flinders.edu.au/>

Alcohol and Drug Foundation - <https://adf.org.au/>



CASH INSTEAD OF CARDS

EXPECTED SAVINGS: \$200 TO \$500 PER YEAR

EFFORT: MODERATE

CASH INSTEAD OF CARDS

Using cash instead of cards can be a great way to save money and avoid overspending. When you use cash, you have a finite amount of money to spend, which can help you stay within your budget and avoid impulse purchases. In contrast, using cards can make it easier to overspend and accumulate debt.

The expected savings from using cash instead of cards can vary depending on your spending habits and the type of cards you currently use. However, by using cash, you can save money on interest and fees associated with credit cards or debit cards.

Using cash instead of cards does require some effort on your part. It's important to create a budget and track your spending to ensure you have enough cash on hand to cover your expenses. You'll also need to make sure you have enough cash on hand before making purchases, which can require extra trips to the bank or ATM.

When using cash, it's also important to be aware of any fees or charges associated with cash transactions, such as ATM fees or foreign exchange fees when traveling abroad. These costs can add up over time and impact your savings.

To help you stay on track with using cash instead of cards, you can consider using the envelope system. This involves dividing your cash into different envelopes for different categories of expenses, such as groceries, entertainment, or transportation. This can help you keep track of your spending and ensure you don't overspend in any particular category.

Some sources to help you manage your cash-based budget include MoneySmart, Dave Ramsey, and The Balance. These websites provide tips and advice on how to create a cash-based budget, track your expenses, and stay within your means.

Overall, using cash instead of cards can be an effective way to save money and avoid overspending. While it does require some effort, it can help you stay within your budget and avoid accumulating debt. By using cash and tracking your spending, you can take control of your finances and achieve your financial goals.

References/ Sources:

MoneySmart - <https://moneysmart.gov.au/budgeting/cashless-society>

Dave Ramsey - <https://www.daveramsey.com/blog/the-envelope-system-explained>

The Balance - <https://www.thebalance.com/the-envelope-system-explained-1293682>



NEGOTIATE YOUR BILLS

EXPECTED SAVINGS: \$100 - \$500 PER YEAR

EFFORT: LOW TO MODERATE

NEGOTIATE YOUR BILLS

Negotiating bills is a great way to save money on your monthly expenses. Many service providers offer discounts, promotions, or loyalty bonuses that you may not be aware of, and by negotiating with them, you may be able to lower your bills and save hundreds of dollars per year.

To start negotiating your bills, you need to do some research and gather information about your current plans and rates. This includes details about your bills, contract terms, and any promotions or discounts you currently receive. Once you have this information, you can begin to compare your rates with those of other providers and determine if you're getting a good deal.

To negotiate your bills effectively, it's important to be polite and persistent. Call your provider and explain that you're interested in lowering your bill, and ask if there are any discounts or promotions that you may be eligible for. If they're unwilling to help, consider asking to speak with a supervisor or customer retention specialist who may have more authority to make changes.

There are also online services available to help you negotiate your bills. BillCrusher is an Australian-based service that specializes in negotiating bills for customers, and they can help you save money on your electricity, gas, and phone bills. Another option is BillTrim, which is an online bill negotiation service that can help you lower your bills for services like internet, cable, and satellite TV.

In addition to these services, the Australian Government's MoneySmart website provides useful tips and tools for negotiating bills. They offer guidance on how to negotiate with providers, as well as a Bill-busting guide that provides tips on how to save money on your bills.

Overall, negotiating bills may take some effort, but it can be a worthwhile way to save money on your monthly expenses. By doing your research and being persistent, you may be able to lower your bills and save hundreds of dollars per year.

References/ Sources:

BillCrusher - <https://www.billcrusher.com.au/>

BillTrim - <https://www.billtrim.com.au/>

MoneySmart - <https://moneysmart.gov.au/managing-your-money/budgeting/simple-ways-to-save-money/negotiate-bills>



13

SHOP SECOND-HAND

EXPECTED SAVINGS: \$500 - \$1,500 PER YEAR

EFFORT: LOW

Shopping second-hand is a great way to save money on clothing, furniture, electronics, and more. Not only can you find great deals on quality items, but shopping second-hand is also an environmentally sustainable choice that can help reduce waste and promote reuse.

The expected savings from shopping second-hand can vary depending on what you're buying and where you're

SHOP SECOND-HAND

shopping. However, according to a report by Gumtree, Australians can save up to \$10,000 per year by shopping second-hand. This is because second-hand items are often significantly cheaper than their brand-new counterparts, and you can find items in good condition that have been gently used.

Shopping second-hand does require some effort on your part. It's important to do your research and find reputable second-hand stores and online marketplaces. Some popular options for shopping second-hand in Australia include Gumtree, Facebook Marketplace, and eBay. These platforms allow you to browse and purchase items from the comfort of your own home, and you can often find great deals on a wide range of items.

When shopping second-hand, it's important to carefully inspect items before purchasing to ensure they're in good condition. If you're shopping in-person, it's also a good idea to try on clothing or test electronics before buying to make sure they're a good fit and in working order.

Shopping second-hand is not only a great way to save money, but it's also an environmentally friendly choice. By buying second-hand items, you're helping to reduce waste and promote reuse, which is an important step towards a more sustainable future.

Some sources to help you find the best second-hand stores and online marketplaces in Australia include Gumtree, Facebook Marketplace, and eBay. These platforms offer a wide range of items at affordable prices, and you can often find unique and interesting items that you wouldn't find in traditional retail stores.

In conclusion, shopping second-hand is a smart way to save money and reduce waste. By doing your research and shopping at reputable second-hand stores and online marketplaces, you can find great deals on quality items that will last for years to come. So next time you need to buy something, consider shopping second-hand first!

References/ Sources:

Gumtree: <https://www.gumtree.com.au/>

Facebook Marketplace: <https://www.facebook.com/marketplace>

eBay: <https://www.ebay.com.au/>



USE ENERGY-EFFICIENT APPLIANCES

EXPECTED SAVINGS: \$100 - \$500 PER YEAR

EFFORT: LOW TO MODERATE

USE ENERGY-EFFICIENT APPLIANCES

Using energy-efficient appliances can help you save money on your electricity bills in the long run. In Australia, household appliances like refrigerators, washing machines, and air conditioners are responsible for a significant portion of energy use. By upgrading to energy-efficient models, you can reduce your energy consumption and save money on your bills.

According to the Australian government's energy rating website, energy-efficient appliances can save you anywhere from \$100 to \$500 per year on your electricity bills, depending on the type of appliance and your usage. For example, an energy-efficient refrigerator can save you up to \$80 per year, while an energy-efficient air conditioner can save you up to \$200 per year.

When shopping for energy-efficient appliances, look for models with a high energy star rating. The more stars an appliance has, the more energy-efficient it is. You can also check the energy consumption labels to compare the energy consumption of different models.

While energy-efficient appliances may cost more upfront, they can pay off in the long run with the savings on your electricity bills. Plus, they are also better for the environment, as they use less energy and produce fewer greenhouse gas emissions.

Some Australian-based websites that can help you find energy-efficient appliances include the Australian government's energy rating website, Appliances Online, and Harvey Norman. These websites provide information on energy-efficient appliances and can help you compare prices and features.

Overall, using energy-efficient appliances is a smart way to save money on your electricity bills and reduce your impact on the environment. By doing a little bit of research and investing in energy-efficient models, you can enjoy the benefits of lower bills and a more sustainable home.

References/ Sources:

Australian government's energy rating website - <https://www.energyrating.gov.au/>

Appliances Online - <https://www.appliancesonline.com.au/>

Harvey Norman - <https://www.harveynorman.com.au/energy-efficient-appliances>



Reducing your energy consumption is not only good for the environment but can also help you save money on your energy bills. Here are some tips on how to reduce your energy consumption and save money:

Turn off appliances when not in use: Many appliances consume energy even when they are not in use. So, it's a good idea to turn off your appliances when you are not using them. This includes turning off lights, unplugging chargers, and switching off appliances at the wall.

Use energy-efficient light bulbs: Replace your old incandescent light bulbs with energy-efficient ones like LED bulbs. They last longer and use less energy, which means you save money on your electricity bill.

Use natural light: Make use of natural light instead of turning on lights during the day. Open your curtains and blinds to let in natural light.

REDUCE YOUR ENERGY CONSUMPTION

EXPECTED SAVINGS: \$200 - \$500 PER YEAR

EFFORT: LOW TO MODERATE

REDUCE YOUR ENERGY CONSUMPTION

Reduce your hot water usage: Heating water can be a significant source of energy consumption. By reducing your hot water usage, you can save money on your energy bills. Try taking shorter showers and washing clothes in cold water.

Use energy-efficient appliances: When purchasing new appliances, choose energy-efficient models. Look for appliances with the Energy Star label, which means they meet strict energy efficiency guidelines.

By implementing these tips, you can reduce your energy consumption and save money on your energy bills. The expected savings from reducing your energy consumption can vary depending on your energy usage and the changes you make. However, according to the Australian Government's energy rating website, using energy-efficient appliances can save you between \$75 and \$200 per year on your energy bills.

Reducing your energy consumption requires some effort on your part, but it's generally low to moderate. The effort involved mainly depends on the changes you make to your daily routine and the appliances you choose to purchase. For example, turning off appliances when not in use is a low effort change, while purchasing new energy-efficient appliances may require more effort and research.

Some sources to help you reduce your energy consumption and save money on your energy bills include Energy Made Easy, Your Energy Savings, and the Australian Government's energy rating website. These websites provide information and resources on energy-efficient appliances, energy-saving tips, and how to choose the best energy plans.

By reducing your energy consumption, you can not only save money but also help the environment by reducing your carbon footprint.

Energy Made Easy - <https://www.energymadeeasy.gov.au/>

Your Energy Savings - <https://www.energy.gov.au/households/your-energy-needs>

Australian Government's energy rating website - <https://www.energyrating.gov.au/>



Using online coupons and discount codes is a great way to save money when shopping online. With a little bit of effort, you can find coupons and discount codes for your favourite stores and brands, allowing you to save money on your purchases. The expected savings from using online coupons and discount codes can vary depending on the store and the discount offered, but it's not uncommon to save anywhere from 10% to 50% or more on your purchases.

USE ONLINE COUPONS AND DISCOUNT CODES

EXPECTED SAVINGS: \$500 TO \$1,500

EFFORT: LOW

USE ONLINE COUPONS AND DISCOUNT CODES

To start saving money with online coupons and discount codes, you can begin by searching for coupons and discounts on websites like OzBargain, Coupons.com, and Groupon. These websites offer a variety of coupons and discount codes for a wide range of stores and brands, allowing you to find discounts on the products you need.

Another way to find online coupons and discount codes is by following your favourite stores and brands on social media. Many stores and brands offer exclusive discounts and promotions to their social media followers, so it's worth checking out their pages to see if any discounts are available.

Using online coupons and discount codes requires very little effort on your part. All you need to do is search for the coupons and discount codes you need and enter them during the checkout process. It's important to note that some coupons and discount codes may have restrictions or expiration dates, so it's essential to read the terms and conditions carefully before using them.

By using online coupons and discount codes, you can save money on your purchases without sacrificing the products you want or need. With a little bit of effort, you can find discounts on a wide range of products, from clothing and electronics to home goods and groceries.

Some Australian-based websites to find online coupons and discount codes include:

Ozbargain - <https://www.ozbargain.com.au/>

ShopBack - <https://www.shopback.com.au/>

Couponese - <https://www.couponese.com/>

Overall, using online coupons and discount codes is a simple and effective way to save money on your purchases. With a little bit of effort, you can find discounts on the products you need and keep more money in your pocket.

Energy Made Easy - <https://www.energymadeeasy.gov.au/>

Your Energy Savings - <https://www.energy.gov.au/households/your-energy-needs>

Australian Government's energy rating website - <https://www.energyrating.gov.au/>



CUT DOWN ON BEAUTY TREATMENTS

EXPECTED SAVINGS: \$500 TO \$1,500

EFFORT: LOW

Beauty treatments can be a costly expense, with regular trips to the salon adding up over time. However, cutting back on beauty treatments can be an effective way to save money without sacrificing your personal care routine.

By reducing the frequency of your beauty treatments, you can save a significant amount of money each year. The expected savings can vary depending on the treatments you typically receive and how often you get them, but on average, you could save anywhere from \$500 to \$1,000 per year by cutting down on beauty treatments.

CUT DOWN ON BEAUTY TREATMENTS

There are several ways you can cut down on beauty treatments without giving up your self-care routine entirely. One way is to do some treatments yourself at home. For example, instead of going to a salon for a manicure or pedicure, consider doing it at home with your own tools and nail polish. You can also try DIY hair treatments, such as hair masks or deep conditioning treatments.

Another way to save money on beauty treatments is to look for deals and discounts. Many beauty salons offer promotions and discounts throughout the year, so be sure to keep an eye out for these deals. You can also look for online coupons and discount codes for beauty treatments and products.

If you do decide to go to a salon for a beauty treatment, be sure to shop around and compare prices. Some salons may offer the same services at a lower price, so it's important to do your research before booking an appointment. You can use websites like Groupon, Scoopon or Deals.com.au to find deals on beauty treatments in your area.

In addition to saving money, cutting down on beauty treatments can also have environmental benefits. Many beauty treatments involve the use of chemicals and produce a lot of waste, so by reducing your frequency of salon visits, you can also reduce your environmental impact.

Overall, cutting down on beauty treatments can be an effective way to save money without sacrificing your personal care routine. With a little bit of effort and research, you can still look and feel great while also saving money in the process.

Canstar Blue - <https://www.canstarblue.com.au/health-beauty/beauty-salons/>
Groupon - <https://www.groupon.com.au/coupons/beauty>
Deals.com.au - <https://www.deals.com.au/beauty>



PLAN YOUR MEALS

EXPECTED SAVINGS: \$1,500 - \$3,000 PER YEAR

EFFORT: MODERATE

PLAN YOUR MEALS

Planning your meals can be a great way to save money on your food bill. When you plan ahead, you can buy in bulk, reduce food waste, and avoid expensive last-minute takeout meals. According to a report by the Australian Bureau of Statistics, the average household in Australia spends around \$120 per week on food and non-alcoholic beverages. By planning your meals, you can significantly reduce this cost and save money each week.

The expected savings from meal planning can vary depending on your current spending habits and how much effort you put into planning. However, a study by the Commonwealth Bank found that Australians who meal plan save an average of \$60 per week, which adds up to over \$3,000 per year. Even if you only save half of this amount, that's still a significant amount of money that you can put towards other expenses.

Meal planning does require some effort, but it doesn't have to be complicated. Start by creating a list of meals that you enjoy and that are easy to prepare. Look for recipes online or in cookbooks and plan out your meals for the week. Make a shopping list based on the ingredients you need and stick to it when you go grocery shopping. You can also try batch cooking and freezing meals for later in the week or month.

There are many resources available to help you with meal planning. Some popular websites in Australia include Mealime, Cookidoo, and Plan to Eat. These websites offer meal planning tools, recipes, and grocery lists to make the process easier.

By planning your meals, you can save money on your food bill, reduce food waste, and eat healthier. With a little bit of effort and planning, you can significantly reduce your weekly spending on food and put that money towards other expenses.

Canstar Blue - <https://www.canstarblue.com.au/health-beauty/beauty-salons/>
Groupon - <https://www.groupon.com.au/coupons/beauty>
Deals.com.au - <https://www.deals.com.au/beauty>



USE A CASHBACK CREDIT CAR

EXPECTED SAVINGS: VARIES (UP TO 5% CASHBACK ON PURCHASES)

EFFORT: LOW TO MODERATE

USE A CASHBACK CREDIT CAR

Using a cashback credit card can be a great way to earn money back on your purchases. Cashback credit cards offer a percentage of cash back on purchases, which can add up to significant savings over time. In Australia, some cashback credit cards offer up to 5% cashback on purchases.

The expected savings from using a cashback credit card can vary depending on your spending habits and the cashback percentage offered by your credit card. However, on average, you can expect to earn back anywhere from \$50 to \$500 or more per year, depending on your spending.

Using a cashback credit card does require some effort on your part. It's important to do your research and compare different cashback credit cards to find the one that offers the most cashback on your regular purchases. Additionally, it's important to pay off your credit card balance in full each month to avoid accruing interest charges.

Some sources to help you find the best cashback credit cards in Australia include Finder, Canstar, and Mozo. These websites provide comprehensive information on the latest credit card deals and cashback offers, including fees, interest rates, and rewards programs.

Overall, using a cashback credit card can be an effective way to earn money back on your purchases and save money over time. With a little bit of research and effort, you can find a cashback credit card that suits your needs and helps you save money.

Sources:

Finder: <https://www.finder.com.au/credit-cards/cashback-credit-cards>

Canstar: <https://www.canstar.com.au/credit-cards/cashback-credit-cards/>

Mozo: <https://mozo.com.au/credit-cards/cashback>



CREATE AN EMERGENCY FUND

EXPECTED SAVINGS: N/A (THIS TIP IS FOCUSED ON BUILDING A FINANCIAL SAFETY NET RATHER THAN SAVING MONEY IN THE SHORT TERM)

EFFORT: MODERATE

Life can be unpredictable, and unexpected expenses can arise at any time. It's important to have an emergency fund to help you weather financial storms and avoid taking on debt. An emergency fund is a cash reserve set aside specifically for unexpected expenses or emergencies, such as a sudden job loss, car repair, or medical bill.

Experts recommend having three to six months' worth of living expenses in your emergency fund. This may seem daunting, but it's important to start building your fund as soon as possible. Even small contributions each month can add up over time.

CREATE AN EMERGENCY FUND

To create an emergency fund, you'll need to:

Determine how much you need: To calculate how much you need in your emergency fund, add up your essential living expenses (rent/mortgage, utilities, groceries, etc.) and multiply by three to six months.

Choose the right account: You'll want to choose an account that is easily accessible but not too tempting to dip into for non-emergencies. A high-yield savings account or a money market account can be good options.

Set up automatic contributions: Set up automatic transfers from your checking account to your emergency fund account each month. Even small amounts can make a difference over time.

Adjust your budget: Look for areas in your budget where you can cut back to free up money for your emergency fund. This could mean eating out less, canceling subscriptions you don't use, or finding ways to reduce your utility bills.

Be patient and persistent: Building an emergency fund takes time and discipline, but it's worth the effort. Remember to celebrate your progress along the way, and don't get discouraged if it takes longer than you anticipated.

Remember, having an emergency fund can provide peace of mind and financial stability during uncertain times. Start building your fund today, and you'll be better prepared for whatever comes your way.

Some Australian-based sources that can provide more information on creating an emergency fund include:

ASIC's MoneySmart website: <https://moneysmart.gov.au/managing-your-money/saving/building-an-emergency-fund>

Finder: <https://www.finder.com.au/emergency-funds>

Canstar: <https://www.canstar.com.au/savings-accounts/building-an-emergency-fund/>



USE A BUDGETING APP

EXPECTED SAVINGS: VARIES, BUT CAN HELP YOU
TRACK AND MANAGE YOUR EXPENSES
EFFORT: LOW

USE A BUDGETING APP

Using a budgeting app can be a helpful tool to manage your finances and save money. These apps allow you to track your expenses, set financial goals, and create budgets to keep your spending in check.

There are many budgeting apps available in Australia, such as Pocketbook, MoneyBrilliant, and Frollo. These apps can help you see where your money is going and identify areas where you can cut back on expenses.

One of the key benefits of using a budgeting app is that it can help you stay on top of your bills and avoid late fees. By setting up bill reminders and tracking your due dates, you can ensure that you never miss a payment and avoid unnecessary charges.

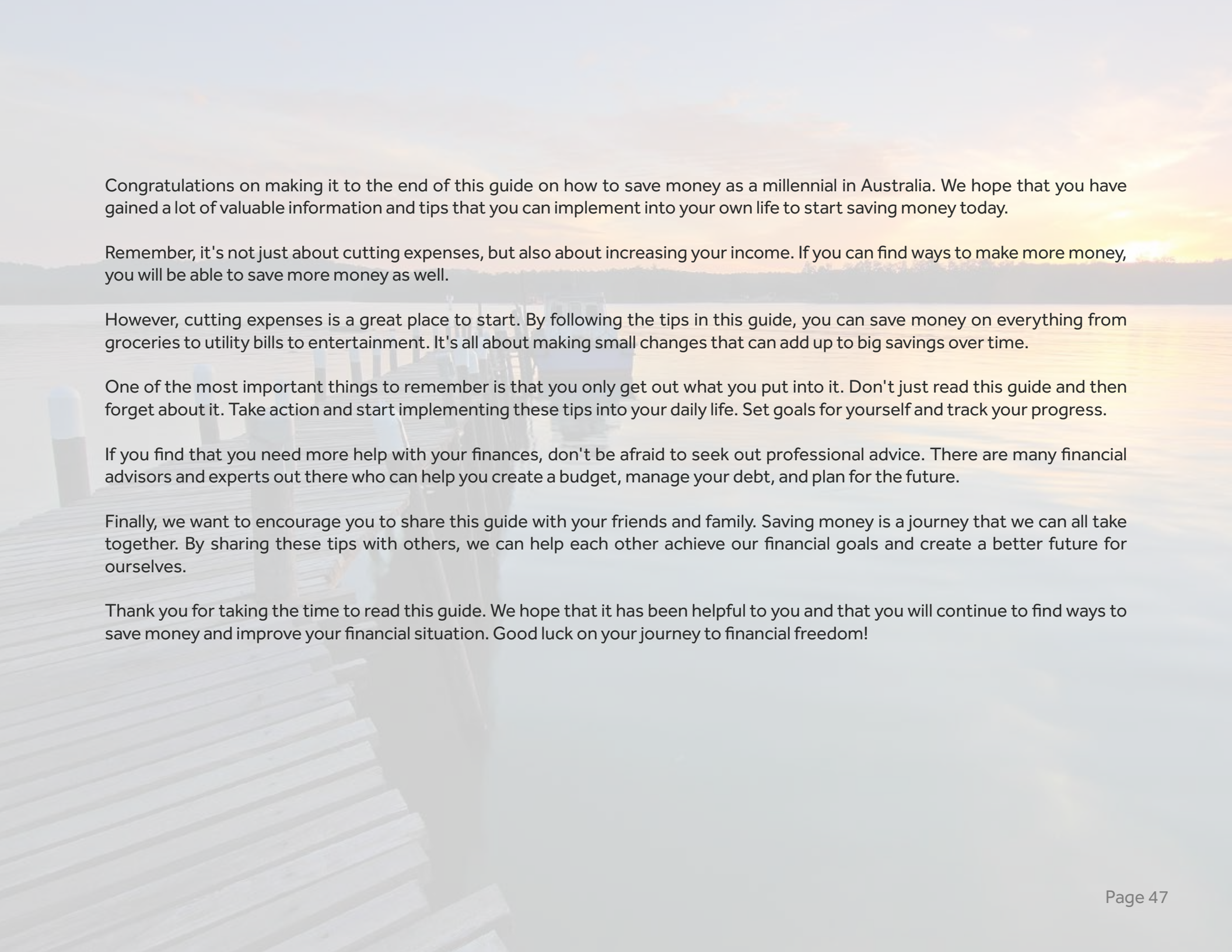
Budgeting apps can also help you save money by showing you where you are overspending and identifying areas where you can cut back. For example, if you are spending too much on eating out, the app can help you set a budget for meals and track your spending to ensure you stay within your limit.

Using a budgeting app does require some effort on your part, such as entering your expenses and keeping your budgets up-to-date. However, many apps offer features such as automatic bank syncing, which can make the process much easier.

To get started with a budgeting app, simply download one from the app store and create an account. You will need to link your bank accounts and credit cards to the app to allow it to track your expenses. Once you have set up your account, you can begin tracking your spending and creating budgets to help you save money.

Overall, using a budgeting app can be an effective way to manage your finances and save money. By keeping track of your expenses and setting financial goals, you can stay on top of your bills, avoid unnecessary charges, and identify areas where you can cut back on spending.

Sources:
Pocketbook: <https://getpocketbook.com/>
MoneyBrilliant: <https://www.moneybrilliant.com.au/>
Frollo: <https://www.frollo.us/>



Congratulations on making it to the end of this guide on how to save money as a millennial in Australia. We hope that you have gained a lot of valuable information and tips that you can implement into your own life to start saving money today.

Remember, it's not just about cutting expenses, but also about increasing your income. If you can find ways to make more money, you will be able to save more money as well.

However, cutting expenses is a great place to start. By following the tips in this guide, you can save money on everything from groceries to utility bills to entertainment. It's all about making small changes that can add up to big savings over time.

One of the most important things to remember is that you only get out what you put into it. Don't just read this guide and then forget about it. Take action and start implementing these tips into your daily life. Set goals for yourself and track your progress.

If you find that you need more help with your finances, don't be afraid to seek out professional advice. There are many financial advisors and experts out there who can help you create a budget, manage your debt, and plan for the future.

Finally, we want to encourage you to share this guide with your friends and family. Saving money is a journey that we can all take together. By sharing these tips with others, we can help each other achieve our financial goals and create a better future for ourselves.

Thank you for taking the time to read this guide. We hope that it has been helpful to you and that you will continue to find ways to save money and improve your financial situation. Good luck on your journey to financial freedom!

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