



How to Get Your Financial Footing in the New Year

National nonprofit credit counseling agency Take Charge America outlines seven tips for a fresh financial outlook

PHOENIX – (Dec. 6, 2023) – Millions of people are eyeing a fresh financial start as the new year nears.

With [67% of Americans planning to make a financial resolution in 2024](#), paying off debt is the most common goal. Despite an air of optimism, resolutions like this are quickly put on the backburner without a plan driving them forward.

“With rising inflation, increasing interest rates and economic uncertainty looming, paying off debt should be a top priority,” said Amy Maliga, financial educator with Take Charge America, a [nonprofit credit counseling and debt management agency](#). “While these factors create stress, it’s possible to take control of your finances and set up a more secure and confident future.”

Maliga shares seven tips for consumers to achieve their financial goals:

- **Set intentions:** Create realistic short- and long-term saving and budgeting goals that hold you accountable and keep you motivated to achieve them. [There are a variety of calculators available online](#) for developing budgets or estimating your average spending habits.
- **Start with little things:** Evaluate spending habits and current subscriptions while embracing minimalism and decluttering. Sell items you no longer need to free up your living space and earn extra money.
- **Consider skill trading:** Explore bartering or trading services with others to reduce your overall expenses. Are you highly organized or great with kids? Consider trading childcare or home organizing with a service you need, such as lawn maintenance or airport travel.
- **Join the gig economy:** In today’s on-demand world, it’s easy to turn your free time into money-making time. Get extra cash to pay off debt or reach a savings goal through ride shares, food delivery, home maintenance, tutoring and much more.
- **Automate your financial life:** Identify opportunities to save or pay off debt automatically, so you don’t have to give it a second thought. Consider scheduling two credit card payments monthly or updating your direct deposit so a portion of your paycheck is automatically diverted into savings.
- **Get an accountability partner:** [Enlist the help of a close friend, spouse or another loved one](#) to reach your financial goals. You’re more likely to be successful if you share your habits and progress with someone you trust.
- **Seek debt relief options:** If you are deep in debt, seek relief options such as nonprofit [credit counseling](#) or [debt management](#) to help reclaim your financial independence.

For additional financial resources, visit [Take Charge America’s Budget Tools](#).

About Take Charge America, Inc.

Founded in 1987, Take Charge America, Inc. is a nonprofit agency offering financial education and counseling services including credit counseling, debt management, housing counseling and bankruptcy



counseling. It has helped more than 2 million consumers nationwide manage their personal finances and debts. To learn more, visit takechargeamerica.org or call (888) 822-9193.

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