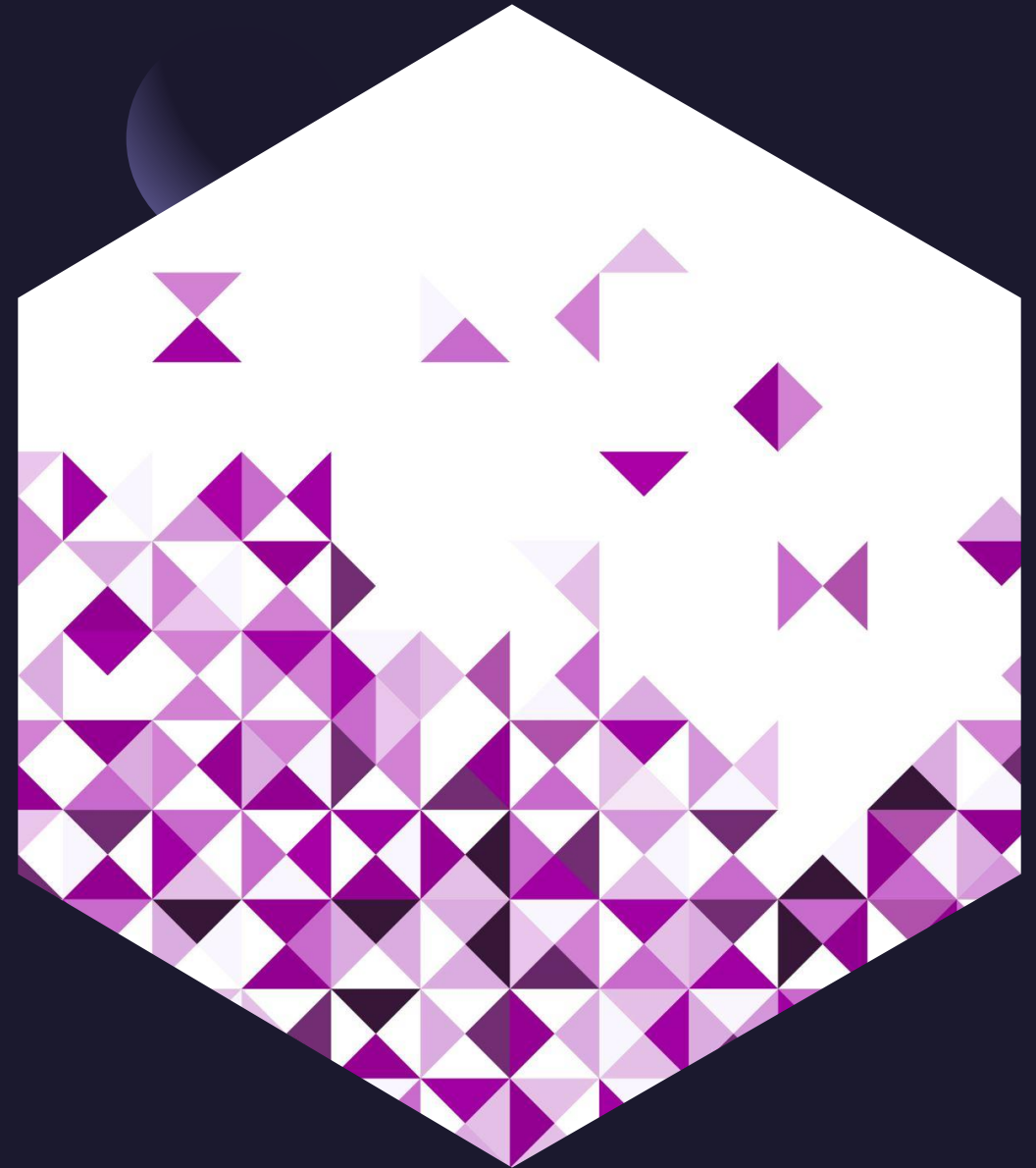


# The PIC Method

The **P**ay **I**n **C**ash method is a way to control frivolous spending that can lead to fiscal irresponsibility



# Mindset

"If I have cash in my pocket, I'll spend it all immediately! I don't trust myself with cash"

"I use debit cards because it's easier and I trust myself with them more than cash"

**ACTION:** Swipe and go continuously, money that should be allocated for bills and other essential expenses ends up gone- you've created a deficit and didn't even realize it

**OUTCOME:** Behind on bills, accumulating debt

If you have cash in your pocket, you will SEE where your money is going and make wiser choices before spending

You can designate a certain amount of spending money (discretionary funds) for yourself each month

**ACTION:** Break your discretionary funds down into a weekly "allowance" for your pocket money and begin making purchases in cash- bill money remains untouched in the bank

**OUTCOME:** Bills paid, leftover discretionary funds at the end of each week can go into savings

