



Managing Money & ADHD

6 STEPS To Saving Money

Saving money is one of the best things you can do for yourself, your family, and your future. Follow these steps to get started.

Review & Revise Regularly

Choose a day of the week to review your spending plan to make sure your current spending follows your goals. Make changes as needed.

Develop A Spending Plan

A spending plan or budget will put your financial goals in writing and help control your daily spending. Construct a monthly plan--list all of your monthly expenses, then subtract the total from your monthly income.

Watch Your Savings Grow

Motivate yourself by making saving money fun and visual. You could make a chart with a savings "thermometer" and mark it as you save. For short-term savings, put cash into a special jar with a photo of your goal glued to the outside.

Track Your Spending

Online banking and apps such as Quicken or Mint can help you keep track of your spending and see where you need to make adjustments.

Save For Your Future

Plan ahead by depositing into a savings account regularly. Consider using direct deposit for a set amount to be automatically deposited in your savings account. Your savings can prepare you for special events or sudden emergencies.

Schedule Your Payments

Use a calendar to list all incoming money and due dates of monthly bills to keep payments on time. Many companies have automatic bill payment systems that will make regular withdrawals from your account so you don't have to worry about late payments.



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