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health can save you money over time. Building savings and eliminating debt The biggest benefit of money management is getting your overall financial health as you plan your expenses to adjust to your financial goals. With this in mind, saving for the future to become financially secure is crucial for any budget. When it comes to retirement, start setting goals and saving as quickly as possible. Online investment firm Fidelity, for example, advises that you have 10 times your annual income saved by the time you reach retirement age - however more than half of Americans will retire broke. The easiest way to set aside money is to contribute to a 401k or individual retirement account. In your monthly budget, immediately bend this money from your monthly income, so as not to think twice about spending this cash. Consider automating your savings as part of a plan to build better cash habits. Finally, you need a budget to reduce debt and possibly liquidate debt. The vast majority of Americans have a mortgage, student debt, credit card debt or all three. Like you for retirement savings, set aside a percentage of your income as soon as you get a payout put toward eliminating the debt you may have. The same strategy can help you create an emergency fund in addition to retirement savings that will act as a safety net if you run into illness, job loss or any other financial crisis. Next: More easy-to-use budget templates

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