

HOW TO NEVER BE BROKE EVER AGAIN!!



The Pain Centre



RETURN TO THE LORD, YOUR GOD

This is a call from the Lord our God, who loves you, to return to Him. To seek Him out and decide to be with Him. He has seen how much you are suffering and wants to save you. He wants to guide you away from the evil you found yourself in.

He wants what is good for you. He has infinite blessings and grace to give you if only you turn away from your path and turn towards him.

Your path has led you into the wickedness and evil of this world, away from his presence and grace.

You are now truly in Hell. Hell is not the pit of fire we were taught but rather, it is to be without God's presence in your life.

Turn away from your path and turn towards the Lord, who loves you.

The Devil, who hates you, has influenced you into a life filled with suffering, surrounded by evil.

God has tried to place obstacles in your path to stop you, but when you continued down it, he didn't force you back onto the good path.

He will never go against your will, even if you choose to hurt yourself and those you love with it.

He loves you.

He wants you to be with him in his wonderful grace and fill your life with blessings.

Only if you choose him.

Don't be influenced by the wicked people that you have seen, who call themselves Christians, but who are hypocrites and do what's evil in the Lord's sight.

They are not a reflection of his love.

All you must do is call to God, pray to Him and ask Him to guide you back into His grace. Go back to church. Read His holy scriptures.

So that you may discover how much God loves you and how many blessings He wants to fill your life with. Find out how to walk out of the Hell your life has become.

Call to Him and see how much your life will change in an instant.

Become His child once more.



HELLO!

I don't think that there are many who have never felt the fear and worry that comes with not knowing if you have enough money. Like having your Card declined while buying food for your family.

Stressed, wondering if you will even have enough to make it to the next payday.

We developed this course to address this. To help you ensure that never happens again.

This course is a basic personal finance course.

How to budget, why you need to, how to set up an emergency fund, determining how much it should be and how to pay off the bad kind of debt.

This is all stuff your parents should have taught you but didn't.
Not knowing how to do this

stuff has definitely led to so much stress and anxiety in so many people's lives.

This kind of stress has led to how everything feels so expensive. How often it feels like the smallest, unexpected problem that happens in your life turns into a financial disaster.

How getting a credit card and buying all the things you wanted has turned into the bank owning everything you have.

Having this constant fear and stress about not having enough with the threat of someone coming to take what little you have left because you owe them money. This course will teach you how to prevent that from ever happening again.

There will be no investment advice here. That you can find out on your own, with someone else.

LET ME TELL YOU WHAT IS IN THE COURSE

1. The right mindset on money
2. Why you should have a budget
3. Why you should stick with it
4. How to do it
5. Why owing people money is bad
6. The Debt Snowball
7. How to set up an Emergency Fund
8. The next steps after that

Just one very important piece of advice.

Just follow my plan. Don't try to figure out your own thing using pieces of my plan.

Don't think that you know better and want to do your own thing. You don't. It is foolish to think that the same thinking that got you into this mess will get you out of it.

Follow my plan exactly and you will see results faster.
Trying to do your own thing will lead to failure.

Have the grace to allow yourself to be led and follow the plan exactly as it was intended to be done.

If you are married, you must both do this together. It will just cause conflict if you are not on the same page.

THE RIGHT MINDSET ON MONEY

Money, like many things, is affected greatly by how you think about it.

If you have the mindset that there is never enough, everything is so expensive, I will never be able to buy that... You will convince yourself of this and purposely do things to ensure it happens.

You will convince yourself to buy things you don't need with money you do not have to impress people you don't even like.

This will make you poor.

You will waste it. You impulsively spend it and throw it down the drain on luxuries, takeaways, expensive name brand items, booze, cigarettes and holidays, when you have

not planned for them and never needed them, then get a loan to pay for things you need as almost all was wasted.

You impulsively waste money on things you want then not have enough for the things you need, then say how everything is expensive and unaffordable.

You create a cycle of ever worsening financial difficulties that turns into something that looks almost insurmountable. Then think, since I am already here, in this awful situation, there is nothing wrong with making the same mistakes that got you there. "If the milk is already spilt why not dump the rest on the floor" type of thinking.



If you have heard the phrase “if you believe you can or you can’t, you are right”, it is applicable in all aspects of life, including how you feel about money and how to get out of a mess.

This is very easy to say to you but much harder to do.

You need to change the way you think about money from “there is never enough” to “there is always money if I prepare for it”.

A from scarcity to abundance way of thinking, if only you managed and planned it properly.

Think “I am in control. I have the power to get myself out of this and become wealthy.”

If you have the control and power to get yourself here, where you do not want to be, you have the power to get out.

Instead of thinking “how can I get that thing I want now” to “what can I do today to have everything I ever needed and wanted later”.

If you think of money as a cake that needs to be eaten up right now, it will be gone in no time. But if you think of money as a peach tree, if you take care of it and water it, it will produce endless fruit for you forever.



WHY YOU SHOULD HAVE A BUDGET

I am sure you have heard this word before. A budget. It is something everyone assumes to know what it is except when you ask them to explain it, then they seem lost for words.

Let me explain. **A budget is simply a plan for how you are going to spend the money you receive.**

It seems so simple - because it is. The difficulty doesn't come from the idea, but rather the implementation thereof. Like they say, "if you fail to plan, you plan to fail."

A budget is used to plan all your expenses for the month to live, as well as planning for upcoming expenses and responsibilities, and enjoying some of it.

It is also used as a tool to guide you on what you need and want to spend your money on and where you can and should cut back. It is the tool you will use to get the life that you want. How you will set aside and enjoy the money you have earned, not just to survive.

Without this plan, and the discipline to stick to it, you will have no way to track how much money is coming in, on what it is being spent and where it is being wasted.

When you don't plan this way, your money will feel like it "disappears" from your bank account without any idea why and where it went to.

If you do it well and stick to your plan, you will feel like you have more money. Almost as if you have gotten a raise at work.

WHY YOU SHOULD STICK TO THE BUDGET

This is the hardest part of implementing a budget in your life.

Developing the discipline

of sticking to it and not giving into an impulse to spend without planning for it. This is where most of the work will be needed.

Without sticking to a plan for your money, your heart will spend it all, leaving you with not enough and rushing to use the credit card. By putting everything on the credit card, this will put you in a dire situation - one that you are likely already finding yourself in right now.

Not sticking to the budget is like searching a location to go to in your GPS, then once you have found it and set the GPS to take you there, you switch off your phone and just drive around until you find it.

I think that's a great way to land up where you do not want to be having spent a lot of money to get you there and even more to get out of it.

That is why you need to develop the plan, implement the plan, and consistently follow it. Deviating from it will lead you to land up where you do not want to be.

**FOLLOW YOUR
PLAN AND
NOT YOUR
MOOD.**



HOW TO DO A BUDGET

As I have said before, a budget is a plan for how you will spend and allocate your monthly income.

You do this so you can properly plan it out and act on it before the wonderful and impulsive spending urge arrives when your money does.

You are welcome to do it on paper or on your computer. There are also many apps on your phone that you are welcome to use.

The first expenses that are written down on your budget and the first to get paid before anything else is the four expenses you need to live. The four walls of your house.

They are: rental or bond payment, lights and water, food, and transportation/petrol to and from work.

You can add internet and cellphone if that too is a requirement to work.

These are the most important expenses and without them you cannot live nor earn an income. Without having a place to live, food to eat, water and electricity or any way to get to work, you will not be able to work.

Therefore, they must be paid before anything else.

These four wall expenses should be the same every month.



There will likely be fair warning if there will be an increase. If there are expected increases, you can decrease how much you spend on the other expenses to make more money available for the four walls.

Thereafter, you add all your other planned expenses. Some examples of expenses are: money set out for clothes, haircuts, medical aid, repayment of debt, car repayment, insurance and tithe, plus any other expenses that are going to come up during the month of that budget.

You add everything without leaving or forgetting anything else. Every cent you receive must have a plan where it will go.

I suggest you date all your budgets so that you can keep track of them, how they have changed and where and when things were added.

Let us look at an example budget of expenses and let us say I earn R24 000 a month.



July 2022

Rent	R4950
Water & Electricity	R550
Food	R2100
Petrol	R3600
Medical Aid	R2095
Legal Plan	R195
Gym	R990
Tithe	R2100
Medication	R590
Credit Card Repayment	R600
Car Repayment	R3021
Cigarettes	R1300
Edgar's Account	R400
Cellphone Contract	R500
Internet	R300
Total Expenses	R23291
Amount added to Savings	R709

Your personal budget will likely look very different from mine. We do live completely different lives. You will earn more or less than me, and have different interests and responsibilities.

When you do yours, there must be no money left over that you receive that hasn't been allocated towards something. If you start with R24 000, all of it should have a plan of where it is going to go.

If I earn R24 000, with all the money going out towards all my expenses and debt, there is only R709 rand left for anything that isn't planned or to save.

That isn't a lot of breathing room for life and Murphy to happen.

Before I move on to the next part, I want you to practice doing your own budget. Get a piece of paper, open your banking app and document all your expenses.

You might have to keep adding things as you remember expenses that weren't added. It happened to me when I first started doing this.

OPTIMISATION OF THE BUDGET

This is where the power of the budget comes from, using the budget and where you spend your money to find areas where you can cut down and what things you can remove to find more money you can use for other things.

Let's break down my idea for optimisation.

Optimisation is all about spending less money and getting the same or more out.

It is also about deciding what you will not spend on any more.

Deciding on what you need vs. want vs. what you will use. Cutting out of your life anything else.

It's about being frugal with your money. As well as getting the most from it.

Avoid expensive name brand things.

You aren't paying for a better-quality product; they have instead convinced you to pay for the privilege of wearing their logo on the same shirt you can get in PEP.

There are very few items where spending more for the same item from a brand will get you a better-quality product. They just convinced you that theirs will.



LET US LOOK AT SOME OPTIMISATION IDEAS FROM MY BUDGET.

First is I could do a ride sharing with a friend from work. He will pay half for the petrol, and I will pay the other half. Saving me R1 500 per month.

With my gym membership, I have two things I go to. The CrossFit and the kickboxing.

I really love the Kickboxing but the CrossFit is the first one I skip when there is anything else I need to do.

I go to CrossFit maybe 3 times a month instead of 8 or 9 times.

I asked myself, am I using it enough to justify it? No? Then I would rather cancel that part and keep going to the kick boxing. That saves me R390 per month.

If you have a gym membership you haven't used yet, it's best to cancel and pay the fee to cancel.

Cigarettes, we both know what a terrible and unhealthy habit it is. The problem is that I am hooked. I smoke when I am happy, when I am sad, when I need a break or to calm my stress.

It is now a crutch I feel I need. It's psychological but I am not ready to give it up. But I know I need to cut down. So, I decide to cut down the amount I smoke by 1/3. Because it's bad for me, and I need the money. That saves me R450.

With food, there are things I am not willing to give up and not eat, there are things that I should really buy the SPAR/Checkers brand as it is the same thing, made by the same company, just in a different box.

I look for great deals on the things I normally eat when I see them, and only buy small amounts of fresh produce. It really sucks having to throw away so much rotten veggies that you didn't get to eat before they went off.

I worked it out and found that could save R300 per month. Remember, this is just food I eat at home, that I cook and prepare. This is not going out or takeaways, or buying lunch at work. That is not part of the food budget.

That's a luxury and convenience. It's all extra. Extra waste.

That extra is something you can choose to go without, which will save you a lot of money.

If we add up all those savings, they total R2640. I can now save that money for my Emergency Fund, pay off and close my credit card account, add more to the repayment of my car and Edgars account, or literally anything else I choose.

The point of this is that now you have R2 640 more than you did. From going through your expenses and removing what you don't need and cutting down where you can. This is the power of the Budget Plan. All you need to do is stick with your plan.

Just image how much less stress you would have if you had that extra money?

This is just the basic, easy to do optimisations/cuts I found. You can be extreme. It is all dependent on what you are willing to do, to accomplish your financial goals, while also making the cuts so that they are sustainable for long enough to accomplish it; your financial dream.



You might be willing to eat rice and beans, walk to work, stay at home over every weekend, work out using hand me down weights and smoke cheap gross pirated cigarettes for a month or six, but you won't be able to keep that up for long enough to accomplish a big goal like paying off a 300k car in 18 months.

Unless you have a very powerful reason why. Why are sacrificing and "depriving" yourself more important. Without that reason, these changes will be temporary.

If you are committed to getting your life back from the chains that financial stress and pressure have on you, I'm sure there are many things that can be cut out. Even some you think you need but don't.

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The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success.

—
MAXWELL MALTZ

WHY OWING MONEY IS BAD

Growing up, my dad always talked about money and how terrible it was to be under the foot of the banks.

But I never knew first hand what that was like until I got a credit card. Using that credit card for a sweet here and a chocolate there was just convenient.

It really came in handy when I was short of money for a bill that needed to be paid.

However, that money didn't come out of thin air. It came from the bank.

And the bank wants their money back plus a lot extra for themselves.

So, a chocolate that costs R10 become R13.

A Steers meal that costs R60 become R80.

Rent that was R5k becomes R7k.

What ends up happening is that you pay more in the long run because you had to borrow money to get it.

In the moment, that might not sound like a bad thing when you "needed" something. But adding it all up it costs so much more - your money doesn't go very far. And on top of all that, the stress of knowing you owe this money is not going to go away, and you must find a way to pay it. This is panic attack inducing.

To add onto that is the repayments taken straight from your account. Often first before anything else. Before you can feel the joy and the relief of finally having money, it is taken away to pay for the debt that you used to buy things that you probably didn't need.

If you make 20k, but 10k goes towards your car loan, your credit card repayment, Edgars account, to repay your dad for the loan he gave to you and so on. You started off with 20, now you have 10.

It feels like you lost money. Like there is not enough.

The reason it is not enough is because so much has been taken from you to pay off the debt. If you didn't have any debt, you would feel so much richer. You will be worried less about where you will find the money to live because you have the 10K the bank took.

Worse still, loaning money to or from friends or family is the fastest way to sour a relationship.

You went from loving friend/daughter to that person who owes me money. Just think, at every Sunday lunch, family party or just chatting on the phone, the fact that you owe them this money will come up. Endlessly.

The stress and the resentment that builds up because of the debt has ruined families.

As the saying goes, "the fastest way to get rid of a friend is to lend them money and ask for it back."

In my view, you should stay away from all kinds of consumer debt at all costs. Like credit cards, car loans, clothing accounts, or "bank of mom and dad" to name a few.



It makes your life worse and causes stress. It is much harder to get out of debt once you are in it. Swiping for a chocolate is much easier than paying off three months of daily swipes.

If you cannot pay for it in cash, multiple times over, you cannot afford it. It is then best to save and buy it when you can. Yes, it takes longer but it will belong to

you and cost less. Not the bank or anyone else. If you buy it like that there is also no stress or any strings attached.

Isn't that a better way to buy things?

So let me ask you, why do you want to get out of debt? Why do you not ever want to owe anyone any money ever again?

Write that down, remember it, because when you start to change your life to get out of debt, it will be very easy to return to your bad habits without this reason.



THE DEBT SNOWBALL

So, through your own decisions you got yourself into debt. You hate the stress it causes you and want out.

You have written deep and powerful reasons why you, and your spouse, are prepared to sacrifice to get out of it.

The issue now is that you do not know what to do or where to start.

Let me give you the answer. There are two main ways to do it. Paying off the highest interest rate one first, then the next highest rate and so on. Or smallest amount first then the next larger one.

The first method works on paper but is very hard to do in practice as it takes a long time to feel or see any progress. So, many people fail when they use this one as they do not have the positive feedback of progress.

It fails in practice because people aren't machines. They need positive input from seeing progress and seeing debts being paid off.

I am going to teach you the second option. Paying the smallest amount first then the next smallest. As it works best with people.

NB!!! This plan works. Don't come up with your own way using my ideas. They might sound good to you, but they won't work as well or as fast, or give you the psychological boost to keep going.

Don't come up with your own thing. Your own thing got you here. Do it this way.

Do not be that person who is given a treasure map and decides not to follow it. You too will wonder why you didn't find the treasure when you didn't follow the map.

THE DEBT SNOWBALL METHOD

That is the plan you
will follow to get
out of debt fast.

This way was invented by
Dave Ramsey in America.
I recommend looking him
up on YouTube.

Like a snowball that starts
off small on its way down
a hill, it picks up more
momentum and snow as it
travels down, growing bigger
and moving faster.

This is the way to help you
“snowball” your way out of debt.



**THE
DEBT**
Snowball

STEP 1

List all your debts, starting from the smallest amount to the largest amount. Just consumer debt. Not the house/bond repayment.

Then in a Column next to it put in the current monthly repayment towards it. Create a third column where you will write how much you pay towards it on top of the monthly repayment.

It looks like this.

The debt	Amount owed	Monthly payment	Amount Payed Towards the debt
Tracy	R50	R0	
Mom	R400	R0	
Edgars	R2 000	R200	
Credit card	R3 487	R328.72	
Medical bill	R12 357	R410.12	
Dad car deposit	R40 000	R1 000	
Car loan	R147 354	R2,765.37	

This is what the first one is going to look like.

Then place in the current monthly repayments section what you already agreed to. The first amount paid towards the debt is determined by how much money you can find in your budget.

The more you are willing to sacrifice, the more you will pay towards it and the faster you will be debt free.



All you will do is list your debts from the smallest amount to the largest. Do your own Debt Snowball before continuing further.

It is up to you how much to sacrifice.

I just think, whatever you decide, you are capable of more. Do not underestimate yourself. You are capable of a lot more if you just choose to do more. It is just about what you are willing to do to get out faster for your WHY mentioned earlier.

If your WHY is weak, so will your willingness to sacrifice be. The amount repaid will be small.

Let us look at an example. Let us say of the R700 free that I have, I am only willing to put R300 towards my bad consumer debt.

The first month's repayment will look like this.

The debt	Amount owed	Monthly payment	Amount Paid Towards the debt
Tracy	R50	R0	R50
Mom	R400	R0	R250
Edgars	R2 000	R200	
Credit card	R3 487	R328.72	
Medical bill	R12 357	R410.12	
Dad car deposit	R40 000	R1 000	
Car loan	R147 354	R2,765.37	



So, after the first month this is what would have happened.

The debt	Amount owed	Monthly payment	Amount Paid Towards the debt
Tracy	R0	R0	R50
Mom	R150	R0	R250
Edgars	R2 000	R200	
Credit card	R3 487	R328.72	
Medical bill	R12 357	R410.12	
Dad car deposit	R40 000	R1 000	
Car loan	R147 354	R2,765.37	

Tracy would have been paid. She will stop nagging you for her money and what a relief that would be.

To have finally taken the first step and already made progress. The first debt is already paid off.

Your first payment has already made a dent into the second debt. That is why this way of doing it is so powerful, you can see and feel the progress made almost immediately. Starting with the smallest first gives you that boost you need to feel like the small steps are making a difference.

If you use another method, like paying off the higher interest rate debt first, it will take so long to feel any progress, because the debt will take months to pay off. Ask yourself, why continue when it feels like you aren't making a dent?



OK. A few months go by and not only is Tracy and Mom paid off but so is the small Edgars account.

Now the wonderful thing is that the money paid towards Edgars is freed up. You have now been given a small raise. That small raise isn't going to be spent on Steers but instead added to your monthly debt repayment amount, making your repayment amount even larger.

So instead of R300 it is now R500.

The table will look like this instead,

The debt	Amount owed	Monthly payment	Amount Payed Towards the debt
Tracy	R0	R0	
Mom	R0	R0	
Edgars	R0	R0	
Credit card	R3 487	R328.72	R500
Medical bill	R12 357	R410.12	
Dad car deposit	R40 000	R1 000	
Car loan	R147 354	R2,765.37	

After a few months the credit card is paid off, now the credit card repayment can be added to the total as well.



The debt	Amount owed	Monthly payment	Amount Payed Towards the debt
Tracy	R0	R0	
Mom	R0	R0	
Edgars	R0	R0	
Credit card	R0	R0	
Medical bill	R12 357	R410.12	R828.72
Dad car deposit	R40 000	R1 000	
Car loan	R147 354	R2,765.37	

Snowballing? How the amount of money you have available to pay off debt is growing even larger after every debt is paid off! The repayment amount immediately goes toward the next payment once that debt is paid off.

You can see after a few months we already have over R800 from the Snowball.

We add what we learnt about optimising the Budget to find more money to pay off debt so that you can get out of it faster. If you remove the stress and burden of owing people money and never getting ahead, do you see how much quicker it will be?

Instead of only being able to put towards R300, it can now be R300 Plus R2 640.



In the first month this is what it will look like

The debt	Amount owed	Monthly payment	Amount Paid Towards the debt
Tracy	R50	R0	R50
Mom	R400	R0	R400
Edgars	R2 000	R200	R1 800
Credit card	R3 487	R328.72	R710
Medical bill	R12 357	R410.12	
Dad car deposit	R40 000	R1 000	
Car loan	R147 354	R2,765.37	

You would have paid off so much more, so much faster.

3 people would have gotten off your back instead of one in the first month. And a big amount would have been paid off on the fourth debt. Instead of taking 8 months to pay off Edgars, you would do it in 1 with money left over already to start paying off your credit card in the second month.

You would snowball even faster. Be out of debt and have so much more money if you choose to cut deep and sacrifice more to get out faster.

Lastly, if you have any money saved up, I suggest you put it all on your debt except R4 000.

It is going to be incredibly scary to do so as the safety net you have will now be tiny.

Why you should decide to do it is because you will get out of debt so much faster and be able to rebuild all that was paid to debt faster, the sooner you are out of debt.

The R4 000 is a tiny Emergency Fund for Murphy. It is not supposed to feel like enough. It is supposed to feel scary. If anything happens it will go a long way to help.

Once you are out of debt then you build it up.

THE EMERGENCY FUND

This is the part of the course that will bring security and stability to your life.

Where once replacing a tire or going to the doctor would have led to debt, months of financial stress and turmoil will now become a minor inconvenience.

Murphy has always found a way to invite himself into our lives when we really didn't want him there.

Just when things are going well, he pops in to drop an element of chaos.

If we have no money to deal with his little problems he causes here and there, there will be an immense amount of stress.

If we have more than enough to deal with any major issue, or many minor ones, then he just becomes a nuisance.

Like ants crawling on your feet, a quick sweep with your hand to brush them off and you are back to enjoying your life.

An Emergency Fund is really simple.

It is three to six months of expenses saved up and set aside in a separate savings account that you have immediate access to.

It is not in a fixed deposit account that has better interest rates. The purpose of the money is not making you more money but to be there when you need it for emergencies.

Losing a few hundred Rand in interest is the cost that must be gladly paid to have immediate access to it.



Now that you have practiced using the Budget, you now know how much it costs for you to maintain and sustain your life. You know how much each month would be. If your car battery has died and you need R1 200 for a new battery, you cannot wait five days until the bank gives you back your money, you need it now.

Now, when you are getting out of debt, like I suggested before, to pay everything you have except R4 000 towards the debt, starting with the smallest amount first, then the next largest.

Once you are completely out of debt, your money that you have been putting towards debt can be used to rebuild your Emergency Fund.

I suggest doing six months instead of three. I personally like a larger safety net. It makes me feel calmer.

But you decide where between three and six months you want to be. You know your circumstances best. If you want to be much larger, do it.

You are the captain now.



PUTTING IT ALL TOGETHER

OK, so now we have all the steps to gain a bit of financial freedom and control over personal finance.

But which one do you do first?

Dave Ramsey, the gentleman who came up with this plan, suggests doing it this way. I am taking this from the perspective that you already have bad consumer debt.

Start immediately with your first Budget. Put all your expenses on paper or on computer, the ones that you need to live first then everything else. Including the expenses that are just for this month like a new shirt or shoes.

Thereafter, immediately build up a tiny Emergency Fund of R4000, if you don't already have this amount or more.

Next come up with your strong and powerful reason WHY you are so sick and tired of being in debt and want to get out.

WRITE IT DOWN.

Do the Debt Snowball. Write down all your debts, all the money you owe everyone. Start with your smallest, by total amount outstanding, first then the next smallest until the largest amount is last.

Ignore everything else about the debts. Keep paying all the installments you were paying to all your debts but pay all the extra money you have found in your Budget towards the smallest debt first.

Then any money that was going towards paying that debt off gets added to the monthly repayment to be paid to the next debt in the order of first to last when you have paid it off.

If you have any saved money or items you can sell to put towards your debt, I strongly encourage you to do so.

Everything except R4000. If an emergency happens and your small fund depletes, use the extra money to rebuild it instead of adding it into the Debt Snowball. Once it is back to R4000, put the extra money back into paying off debt.

Keep going, adding to the monthly repayment with the paid off debt's installment until all your consumer debt is paid off.

Then build up your Emergency Fund with all that money used toward debt until it is at least three months saved of your total expenses.

If your monthly expenses are R10 000 then save R30 000. I personally suggest six months or more.

This money is set aside in a savings account that you have immediate access to.

After all this is done, then you can decide where your money should go.

Saving for a house, replacing a car, going on holiday or investing for you and your family's future.

Read Dave Ramsey's book "The Totally Money Makeover" for the other great steps.

If you do all this, follow the steps exactly, and do not deviate to follow your own ideas, you will never be broke again.

