

Science Says Flipping This Mindset Switch Will Help You Save Money, Starting Today

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If you want to save money to [start a business](#), you're in good company. The majority of small businesses are funded through savings; [one out of three small businesses launched with less than \\$5,000](#) in startup capital.

Hoping to save money also matters after you start a business. Some small businesses take years to turn a profit, and a huge percentage of [startups fail because they run out of money](#).

Hoping to save money to start and build a business is one thing; if you want to start saving money, period, you're also not alone: A recent survey shows that over half of U.S. adults [don't have sufficient savings to cover an unexpected \\$1,000 expense](#).

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