

Use This Simple Mental Trick to Save More Money

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Americans like to spend. Unfortunately, [70% of Americans](#) admit to bad spending habits, leading them to overspend by nearly \$7,500 per year. Unless we change our spending habits and learn how to save, we will soon be facing a full blown [retirement crisis](#). The Center for Retirement Research at Boston College estimates that about half of working-age households are “at risk” when it comes to their retirements. This means they will not have the savings they need to [retire comfortably](#).

What’s the solution to the problem? Education or awareness isn’t the primary issue. A whopping 80% of those surveyed believed they were fully capable of improving their spending habits. The psychological aspect of money is a key driver in spending beyond one’s means. While there is no quick fix, this simple psychological tip can help you reach your [financial goals](#) faster.

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