

The Road to Financial Freedom

Wealth-Building Secrets Can Help You Avoid Debt

Have you ever noticed that many people who are wealthy don't show it?

For example, consider if you've ever met or heard about someone who only shopped second-hand, lived in an unassuming home and didn't have all the latest gadgets only to find out later he/she was extraordinarily rich.

According to Kiplinger.com, many people who are "invisible rich" practice discretionary spending. They choose wisely how to spend money and avoid things that defeat their savings goals.

Taking a look at discretionary spending may help you avoid debt and put a sizeable chunk of money in the bank once you graduate from your debt resolution program.

Pretend To Earn Less Than You Do



Remember that you will never get ahead if you overspend your income. Keep in mind that getting caught in the paycheck-to-paycheck cycle is one of the leading causes of debt.

Right now you want to set aside as much money as possible to deposit into your debt settlement account.

Following the completion of

your program it may be a good idea to continue making your 'settlement account' deposit into your personal savings for greater financial freedom.

Use An Online-Only Account As A Saving Option

Online banks are gaining in popularity. In addition to their many benefits, you may be less likely to withdraw the money if you use an online bank.

If you choose this option you may want to start out by depositing \$5 in your online savings account the first month and add on from there. It may not seem like much but if you stay disciplined the money can add up over time.

There are a variety of online banking options to choose from however Money.USNews.com suggests Ally Bank, Discover Bank, GE Capital Bank and CIT Bank.



Live 'Smaller'

Contemplate individual adjustments you could make that could lead you to a balanced budget and better peace of mind.

For example, have you thought about moving to a less expensive home or apartment? Or, maybe you've considered carpooling or using public transportation most or all of the time until you pay off your debt.



Good Money Habits To Foster

Stay Current With Payments. If you fall behind on payments you create a cycle of late fees and unnecessary charges. Resolve to be more financially organized so that you avoid the late payment cycle. See that article on page 3 of this newsletter for more tips.

Make A Workable Budget. Revisit your financial goals every so often to readjust your limits/goals if your financial situation has changed. You are more likely to make better financial decisions if you are budgeting and you know exactly where your money is going.

Keep Learning. Take advantage of any educational tools offered through your debt resolution program. Consider taking financial education classes at the local community college if it fits into your budget. Observe people who have a healthy spending philosophy and follow their lead.

Avoid Impulse Purchases. If you get the urge to purchase, consider doing so for up to a week. Look at your budget and financial responsibilities that are necessary. Before you buy, be honest with yourself if the item in question would add to your life or make it easier.





Corner

How Do I Begin Using UCAN?

If you are new to your debt settlement program you may be asking yourself, "How Do I Begin Using UCAN Services?" In order to use your UCAN services, you simply need to contact us. We can start assisting you immediately with the collector harassment that you are experiencing. Your welcome packet contained important documents which we need in order to contact creditors on your behalf.



What Is The Difference Between My Settlement Company And UCAN? UCAN specializes in consumer advocacy issues. For example, we assist with collection calls, threatening messages, or any other collector harassment that you may be receiving. If you have any questions regarding your debt settlement program, negotiations, or financial inquiries, please contact your settlement company directly.

Will All My Collection Calls Stop When I Enroll With UCAN? Most calls can be reduced or eliminated, but they may not stop completely. Depending on your situation the attorney network we work with has obtained "settlements" and/or cash awards for clients due to calls from collectors.

What Are "Call Logs" And Why Do I Need To Complete Them? A "call log" is a form provided by UCAN that we recommend clients use to keep track of collector calls. When you get collection calls, we ask that you log as much information as possible about the content of the conversation. We ask that you fax or mail these documents to us once a week. You may also enter your "call log" information at www.ucan.net.

How Do I Contact UCAN? Call us at 1-877-462-8226 or e-mail us at info@ucan.net. Our FAX number is 1-877-895-7577.

Regular business hours are Monday through Thursday 9 a.m. to 6 p.m. EST and Friday 9 a.m. to 5 p.m.

Keep Pets Healthy, Happy On A Budget

When it comes to pet care, keep in mind that an ounce of prevention may be equal to a pound of cure. Here are a few suggestions.

Talk To Your Vet. Take your pet to its annual checkup if at all possible. Inform your vet of your financial situation. Yearly vet exams can recognize small problems that can lead to expensive health issues for you and your pet down the road if not detected.

Before your appointment, you could list questions and concerns you have regarding your pet's care. Being prepared beforehand could eliminate the need for extra visits.

Health Care. If pet health insurance does not fit within your budget consider asking local veterinary schools or animal welfare organizations if they offer services for a lower cost. Also, remember to ask your vet about reputable online programs that might save you money on medications. Better Homes and Gardens suggests choosing a site with Vet-VIPPS accreditation.

Feeding Your Furry Friend. Ask your vet about balanced foods and proper feeding amounts. An obese pet is more likely to suffer from diabetes, disease and joint pain, leading to expensive vet visits throughout its life. Consider purchasing food and/or litter in bulk. This may appear to cost more at first but calculating the unit cost could save you money in the long run.

Spay And Neuter. Animals that are not spayed or neutered may be more likely to suffer health and behavioral problems. Contact your local Humane Society or shelter, explain your financial situation and see if they can offer resources. Many municipally-operated animal shelters in the U.S. offer free or low-cost spay/neuter and vaccination programs.

Keep Pets Restrained. When pets are controlled and out of harm's way, they are less



likely to suffer injuries or contract diseases that could harm their overall health.

In addition, consider keeping your cat indoors. If you own a dog, make sure it is always on a leash, in a fenced area or under responsible supervision.

DIY Grooming. Be prepared to ask your vet or other professional about proper ways to trim your pet's nails yourself to save money. Consider giving your pet a bath at home.

Dental chews formulated to control buildup on your pet's teeth could be available at your local pet store. It might also be a good idea to check that the treats are accepted by the Veterinary Oral Health Council (VOHC).

Special Services.

The free Pet Care Services app can help you research and compare rates for animal hospitals, pet sitters and groomers in your area.



Shop Smart. Eliminating extras like pricey carriers, expensive treats or fashionable 'doggie' couture can really make a difference.

Toys are important for pet exercise and activity, but they don't necessarily have to cost a lot of money. Someone with a little creativity and basic sewing skills can make accessories or soft toys such as a simple catnip pouch.

Pet-Proof Your Home. Some plants and household items could be toxic for your pet.

Make sure to store houseplants, cleaners, antifreeze and other poisonous substances safely out of reach.

Keep A Pet First Aid Kit.

List phone numbers of your vet, emergency animal hospital, and American Society for the Prevention of Cruelty to Animals (ASPCA) Poison Control Center (888-426-4435) on the inside of a box. Include a digital thermometer, hydrogen peroxide, eyewash, bandages, antibiotic ointment, tweezers or any other item that could help your pet in an emergency.



Paying On Time Crucial For Staying Out Of Debt

Some banks may report missed payments to credit reporting agencies (CRAs) even if the payment was fewer than 30 days late and even if the late paying event is not a frequent occurrence.

According to CreditCards.com most lenders report accounts as late when a payment is not received by the next due date. In other words, you have totally skipped a payment for that particular month.

Reporting to a CRA that a customer is late immediately after the payment due date is unusual but it may happen. Especially if you make a habit of not paying bills on time. Try to remember that a pattern of lateness is worse than a singular mistake.

Whether your late payment actually gets reported can also depend on different factors such as whether or not you have been a responsible borrower in the past.

You have probably considered improving your credit report and score once you graduate from your program. Keep in mind that payment history can have a big impact on your credit report.

The list of banks, lenders, insurance companies, employers and other



entities that utilize credit report information is on the rise. Since the information on your report is in demand by more individuals or companies, more criteria is being reported to the bureaus.

It is crucial to be financially organized. In addition, you should keep debt levels low enough so that you can afford to pay all bills in full and by each respective due date each month.

Consider this: A single late payment alone may not have a detrimental affect your credit score. However, continuing the habit of paying late, even if it's only by a few days, will most certainly have a more significant effect.

Have you made payments late in the past? If so, it would be wise to check your credit history at some point to see if the late payments have been reported. If they have, they may be on your credit report for seven years.

However, as time goes on, that missed payment may have less of an impact on your credit score.



Spare Change

Future Predictions: Health Care Tops Labor Market

Looking for a college major that will yield profit? Or perhaps you desire a career change?

According to a new report by the United States Department of Labor's (DOL) Bureau of Labor Statistics the fastest-growing occupations in coming years will be in the health care field.

Report findings revealed that service-oriented sectors, such as health care and social assistance, are expected to account for almost 95 percent of all new jobs added through 2024.



Some of the top 15 fastest-growing jobs included:

Wind turbine service technicians; occupational and physical therapy assistants; home health aides; nurse practitioners; statisticians; physician assistants; operations research analysts and personal financial advisors.

According to the DOL, other occupations adding new jobs include the retail sector and food services.



social media page, then listed the information on community pages of the social media network.

According to a representative, the company in question took action after customers' continued promises for payment never came through.

"We always got excuses from everybody," reportedly the representative. "Promissory notes and everything, and it never arrived. So we found the most effective way (to get payment) was to publicly post the names."

The move to print the names on social media did, of course, spark outrage. And the posts were eventually removed from the site in question.

"I thought that it was kind of illegal for her to be posting the people in arrears," said one man who reported the action to the Canadian Broadcasting Corporation. "And there's better ways to go about it."

Reportedly, Canada's Personal Information Protection and Electronic Documents Act "allows organizations to use or disclose people's personal information only for the purpose for

which they gave consent."

Cable Company Shames Late Payers On Social Media

If you've already read the above story regarding late payments perhaps you've considered whether or not you have been guilty of this budget-busting habit.

However, if you have made a late payment before it's likely that you never had your misdeed posted by the company on social media. A news report has revealed that a Canadian cable company recently posted a list of overdue customers' names and delinquent balance amounts on its



Inspiring Thoughts

Next time you feel on edge remember that there are ways you can calm down to regain peace of mind.

Control Your Breathing. According to best-selling author and whole-body health proponent Dr. Andrew Weil, “4-7-8 breathing” can help calm you down quickly.

To try this technique, place your tongue against the ridge of tissue just behind your upper front teeth and hold it there throughout the exercise. Exhale completely. Close your mouth and count to four while inhaling through the nose. Hold the breath for seven counts. Then, let the breath go out through the mouth for a count of eight. Repeat the cycle three more times.

Slow Down. Practicing yoga or other stretch-based exercising, in combination with “mindful breathing” has been proven to slow heart rate and calm the body.



Spend Time With A Pet. Spend time with a special animal friend when your mood needs a boost. Look at the world through their eyes. You will most certainly find yourself smiling!



In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive.

– Lee Iacocca

Listen To Music. Put on your favorite song and dance to the beat. Even if you prefer soothing classical music, listening to any kind of tune that uplifts your spirits can make a difference in your outlook.

Meditate. Find a quiet place and about 10 minutes all to yourself at the beginning or end of the day. Unplug all of your technological devices and try your best to avoid or limit any other interruptions. Try to sit by yourself, pay attention to your breathing and observe your thoughts.

Change Your Perspective. Many of us are our own worst critics. Consider turning negative self-talk around to a more positive message. For example, take time to stop and evaluate your thinking periodically during the day. If you find that your thoughts are mainly negative, think of ways to put a positive spin on them. A good rule to follow would be to not say anything to yourself that you wouldn't say to anyone else.

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Company Announcements



Online Settlement Offers: Have you ever missed calls from us because you weren't home or couldn't get away from your desk? Have you ever lost an important e-mail from your settlement company?

You can now approve your settlements online! All you need to do is go to www.CenturyNI.com and click 'Client Login' (or click 'First Time Users') to get your CNI ID and password.

If there is a settlement awaiting your approval you can review the details and approve it immediately! Your approvals are sent back 'real-time' to our representatives, so we can act on your behalf as soon as we hear from you.

If you've received a call, an e-mail or text message about your program but haven't had the time to get back to us, approving and managing your offers online is an easy way for you stay uninterrupted while we make your settlement program a success!



Now Available: Live Chat!



CORPORATE OFFICES

1061 Main Street • Banco Park, Suite 19 • North Huntingdon, PA 15642

Phone: (800) 256-7273 • FAX: (724) 861-1039