

MMA December Financial Well-Being



Think About Curbing Holiday Spending

As we enter into the busy holiday season, it can be easy to lose sight of our budgets and spend beyond our means. In an effort to assist you in maintaining a healthy balance between spending and saving during the holidays, here are five fail-proof tips to live by.

Creating a Budget (and sticking to it) Course

What you'll learn:

- Why you need a budget
- Recognize opportunities to spend less
- Analyze spending behaviors
- Evaluate needs vs. wants

[Click here to take the course.](#)

7 Travel Tips for a Happy Holiday and a Happy Budget

While this season is supposed to be one of bliss and joy; the rush, high expectations and monetary deficit that comes with it often leads to stressed individuals. With all the chaos and skyrocketing prices in our near future, here are a few tips to help save some money.

[Click here to read the full article.](#)