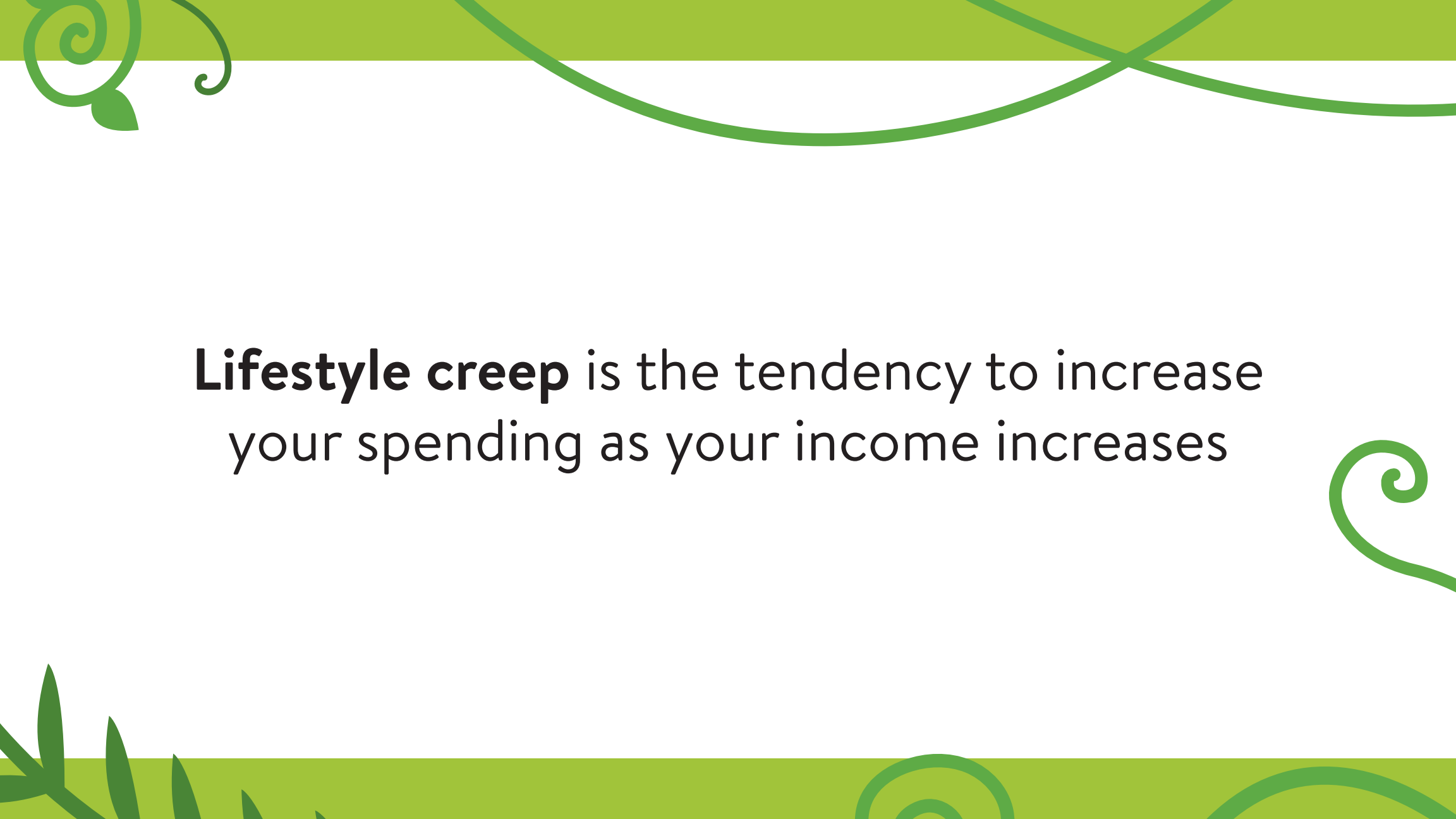


Avoiding **LIFESTYLE CREEP**

BROUGHT TO YOU BY



- IT'S A -
**MONEY
THING®**



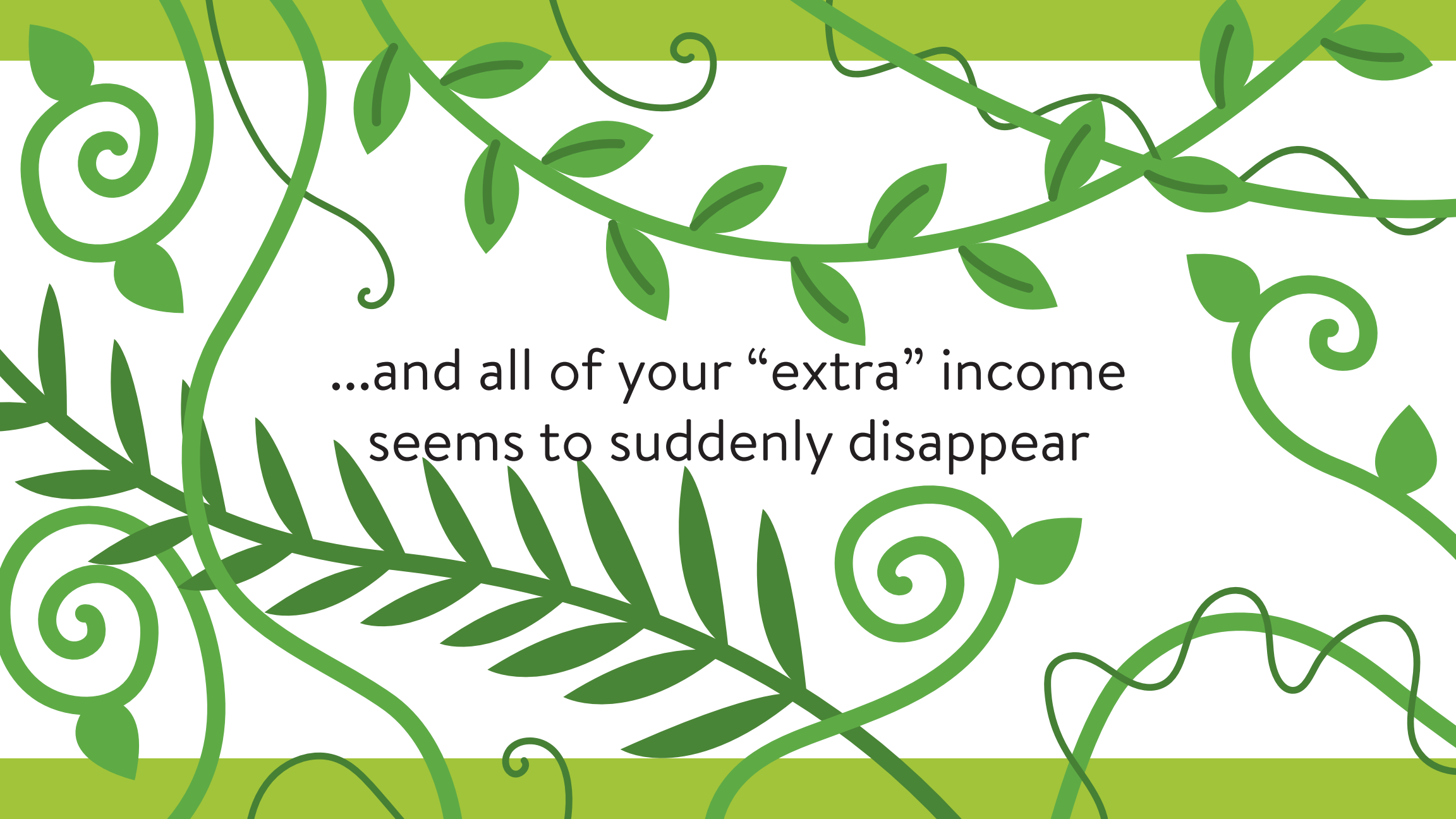
Lifestyle creep is the tendency to increase your spending as your income increases

The image features a white background with decorative green vine and leaf patterns. At the top, there are horizontal green stripes. A thick green vine with small leaves arches across the top. In the bottom left, a branch with many small, pointed leaves extends upwards. In the bottom right, there are more green vine and leaf motifs. The text is centered in the middle of the page.

The spending increase can happen so gradually that you don't even notice it



Things you once considered to be luxuries
start getting treated as needs...



...and all of your “extra” income
seems to suddenly disappear

What Does Lifestyle Creep
LOOK LIKE?

Lifestyle creep can reveal itself in many
different ways within your budget

LIFESTYLE CREEP WARNING SIGNS



You tend to buy only brand-name items—
never generic



You tend to upgrade
or replace items
sooner than necessary



You're subscribed to
more services than
you have time for

The Dangers of
LIFESTYLE CREEP

DANGERS OF LIFESTYLE CREEP

SAVINGS SABOTAGE

More money spent on insignificant lifestyle upgrades means less money going toward your savings goals and financial priorities



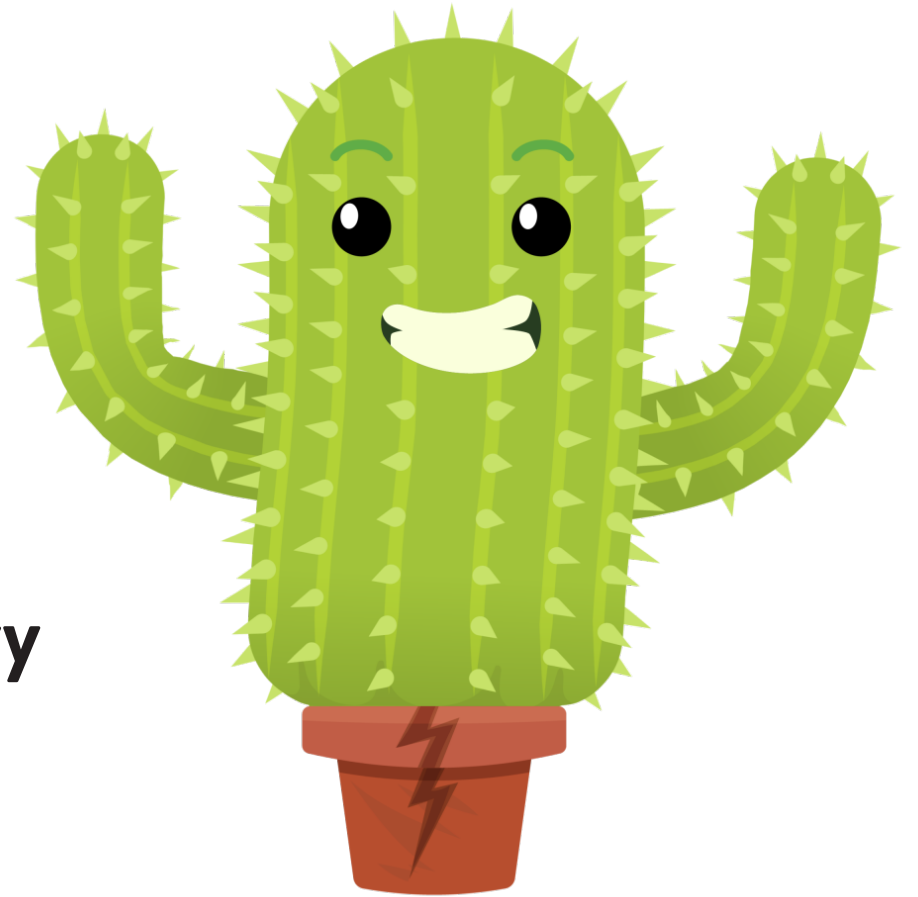
LACK OF RESOURCES

Lifestyle creep makes it more difficult to adjust to future decreases in pay from unemployment or retirement

How to Stop
LIFESTYLE CREEP

Stop lifestyle creep with three simple rules:

- 1. Raise Your Savings**
- 2. Choose Value Over Luxury**
- 3. Resist the Pressure**



1



Raise Your Savings

When your income increases, fund your savings goals before considering lifestyle improvements



Choose Value Over Luxury

Resist costly,
meaningless upgrades
by appreciating
the value of what
you already have



DO THIS!

BUY THAT!

SPEND!

Resist the Pressure

Stay true to your own priorities and resist spending pressure from family, friends, neighbors and media

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Foothill
credit union

Sources: BusinessInsider.com, Forbes, Investopedia

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