

## Dieting With a Credit Card

Springtime is a great time for changing something in your life: you can start jogging in the mornings, keeping to a healthy diet or cease smoking. Old clothes and furniture often seem a burden in spring and we are striving to renewal. Finances are a significant part of our life, so why not put it in order before summer!? [credit debt canceling](#) and cutting your expenses can be just like throwing the old things off or obtaining healthy eating habits. Frugal living is not difficult, just a bit of discipline and grit.

The first step suggested by the strategy is getting your spending under a close control and going to sort of a credit card diet. For that, it is necessary to evaluate your current financial situation and determine how much your debt is and what can be done to lower everyday expenses. There is a simple method to analyze the state of your personal finance. Experts recommend make some calculations and check out how much of your income is spent on credit and loan payments: if at least 15% of your monthly income goes on paying off credit card bills, there is a danger of uncontrollable credit card use. Another alarming sign is regular use of credit card cash advances for paying out other debts. People practicing the above often come to bankruptcy and debt consolidation.

No matter how hard and painful it can be, you should admit you spend too much for your income and try to overcome debt and excess expenditure.

Decide how much you can afford paying for loans and credit card balances, after which you will be able to make an individual plan of debt reduction.

Avoid buying things you can easily do without - this will help you easily take another step to healthy budget.

Learn frugal purchasing and you will see that reducing debts will be much easier. Learn to buy goods that you really need and avoid buying on impulse. Some clothes, cosmetics, foods can vary in price due to the manufacturer; buy those which have real value, not just a prestigious brand.

Save on utilities - just try to consume less water, electricity or gasoline and you will surely see the results! Preparing foods at home can also save a good deal of money. Plus, it is a great opportunity to start eating healthy food and improve your cooking skills!

Another way to get rid of debt and financial trouble is reducing your debt as soon as possible. Many debtors can see no end to their debts just because they pay minimum payments. Try to pay more than usual each month and set the goal of eliminating your loan as soon as possible. Probably, you will have to reduce expenses on entertainment or clothes. Be sure that the result is worth the effort: you will avoid higher interest rates and default fees which are applicable to old debts.

Change your spending habits and you will see with surprise how your whole lifestyle will change for the better. Once you are free from debt and money spent in vain, you will be able to aspire to success!

## About the Author

Visitors of [www.CreditCards.com](http://www.CreditCards.com) know Charlene Richmann for her articles on choice of credit card deals and debt management, tips and other aspects of personal finance education.

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