

#FinancialFitness

Intellect over Emotion - I/E

-Market Minute-

In America, we are taught early on that the basis for living a long, healthy life begins with eating the right foods (fruits, vegetables, whole grains, healthy fats and protein), staying adequately hydrated (drinking 8 glasses of water daily) and allowing the body time to rest (8 hours of sleep). We learn that if we study hard in school (reading, writing & arithmetic) we will become educated and smart. We observe that if we apply what we've learned, work hard and gain experience we will become successful; hard work literally pays off.

Financial Fitness encompasses all the above; it is a function of how we are managing our lives. Financial Fitness begins and ends with the ability to earn (income) more than you spend (expenditures). I use a simple formula that will enable anyone to build their net worth; it is called INCOME/EXPENDITURES (I/E). I/E is a simple way of remembering *Income over Expenditures equals Savings*; I/E is a sure fire method to build savings. I/E is also known to denote *Intellect over Emotion*. It makes good cents to use *Intellect over Emotion* when making decisions. Using the I/E rules to help govern impulse decisions, particularly on the spending side, can make a colossal difference on the *Savings* side. I/E only takes a minute!

For over 28 years, I've been assisting and guiding savers. If you would like financial advice, give me a call at 561-515-3200, email chip@1db.com or visit me, William Corley, on [Facebook](#) or [Twitter](#).

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