

# 6 Simple Ways to Boost Your Cash Flow

**Signs of a stagnant cash flow - things feels unfinished, unresolved, messy, and complicated. You may even be avoiding something altogether!**

## #1 Who Owes You Money

**ACTION:** Write down every company or person who owes you money and the amount they owe. Contact each of those companies or people and find out where your money is. **TIP:** Did your insurance company pay your doctor or dentist more than was anticipated when you were charged? Call and get the money they owe you.

## #2 Bills and Receipts

**ACTION:** Create one folder labeled "bills to be paid" and one labeled "receipts" with Ziploc baggies marked with the month/year. Get all your bills and receipts from counter tops, piles, purses, bags — everywhere you stick them — and put them away accordingly.

## #3 Schedule Your Payments

**ACTION:** Create a weekly "money date" for paying bills. Put this recurring event on your calendar and keep this date time sacred.

## #4 Use Your Gift Cards

**ACTION:** Gather up all your unused gift cards and gift certificates. Cash them in by using them in the next seven days.

## #5 Gather Loose Money

**ACTION:** Gather up all of your loose change. Exchange it for bigger bills. Spend it in the next seven days on yourself or pay down debt.

## #6 Sell It

**ACTION:** Pick 3 to 5 items to sell. Put them on 5 Mile, Craigslist, local FaceBook swap group, etc. Decluttering this way is an instant win for your mind and your wallet.

**Congratulations! You've moved from money stagnation into flow. This is the start to a harmonious, respectful, and reliable relationship with money.**