

Spend Less, Save More and improve your spending habits Resource Guide

Coupon Apps-

1. <https://Honey.com> Install the app on your web browser and Honey will search through the best coupons available for the website you're on.
2. <https://www.SnipSnap.com> No more carrying coupons around. With this app you can take a picture of the item you want to buy and it will bring up a list of available coupons and sales for that specific item. They will even let you know if it's cheaper to buy online.
3. <https://Shopkick.com> This app rewards you for shopping in store and online and lets you earn points just by walking into the store and scanning products. You don't even have to buy anything. Then you can redeem these points for free gift cards.

Books on Habits:

- The Power Of Habit is a great book written by 2012 Pulitzer prize winning author Charles Duhigg. It talks about cue, routine and reward.
- Atomic Habits by James Clear that teaches about how to create good habits and break bad ones with a good system.

Subscription Apps:

- <https://www.Trim.com> aims to cut your expenses and provide an easy way to track your subscriptions and everyday transactions by linking your checking account to your Trim account. With Trim's help, you can then quickly and easily find and cancel unwanted subscriptions and monitor any inaccurate transactions. Trim can also negotiate a variety of bills for you, including your phone, internet, and medical bills.
- <https://www.Truebill.com> dashboard will automatically locate all your subscriptions when you link your bank account to your Truebill account. This makes it easy to cancel any unwanted subscriptions or simply know how much you're paying on subscriptions each month. Truebill can find common bills and offer to negotiate them for you. Please beware because there are fees for the bill negotiation but there is a free version.

More coupon sites:

<https://www.Crazycouponlady.com>

<https://www.HiptoSave.com>

[Promo Codes, Grocery Coupons, & Online Deals | Coupons.com](#)

Laundry savings: [laundry | Money Crashers](#)

Electrical savings: [Chasing Electrical Demons to Cut your Power Bill by 80% \(mrmoneymustache.com\)](#)

Energy savings: [Energy Savings at Home : ENERGY STAR](#)