

# Tips for Overcoming Bad Spending Habits

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

9

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

21m

**Estimated study time**

21m 3s

**Instructor**

Gregory Sneed

## Introduction

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### 1 Spend better

Acquiring essential financial skills will help you enhance your ability to spend wisely, safeguard your savings, and lay the groundwork for lasting financial health.

## Understand Your Spending

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### 2 Behavioral factors

Take a look at the reasons why you're overspending: peer pressure, are you trying to impress others?

### 3 Impacts of debt

Peel back the layers of debt to discover its hidden costs on your wallet.

### 4 Set yourself up for success

Dodge financial pitfalls with the art of budgeting!

### 5 Group events and activities

Steer clear of financial surprises at group events and activities!

### 6 Online shopping

Outsmart the endless allure of online shopping, a world that beckons with convenience and temptations around every digital corner!

### 7 Convenience services

Uncover the hidden costs of convenience services and their impact on your budget.

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## Instilling healthy financial habits

Embrace the journey to financial wellness by instilling healthy financial habits.

# Conclusion

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## Smarter spending

Celebrate your smarter spending strategies!

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