

How to Catch Up With Retirement Savings

The foundation of a secure retirement is built on three principles: earn more, spend less and invest the difference. No matter when you start building your nest egg, you'll move closer to your retirement goals by improving your personal balance sheet.

Earn more:

- Keep your professional skills up to date
- Network actively with people within your industry
- Sell or donate excess possessions

Spend less:

- **Housing:** An expensive home means higher taxes and upkeep. The more money you put into housing, the less you'll have available for other expenses and investments
- **Travel and eating out:** Cut back on frequency. Explore more modestly priced options
- **Monthly services:** Revisit health club memberships, cable packages, cell phone plans. Research better deals and ask about renegotiating existing contracts. Cancel services you don't use or need
- **Bankrolling your kids:** Respect your adult children enough to believe they can make it on their own

Invest the difference:

- If over age 50, inquire about catch-up contributions to retirement accounts
- Talk with a financial advisor about sheltering earnings to reduce taxable income
- Read online resources or attend virtual seminars to learn more about investing. If your job is secure, this might be a good time to buy stocks while prices are relatively low. A good place to start:
[NerdWallet's How to Get Cheap or Free Financial Advice](#)

