

As a group, Americans are spenders, not savers. This has been especially evident in our financial behavior since 1982. Back then the average savings rate was 11.2%, according to the Investment Company Institute (ICI). In 2008, it was less than zero—and just when the Baby Boomers are in their peak earning years, too.

What makes this negative savings rate so distressing is that those same Baby Boomers are ramping up for a mass exodus from the workforce over the next two decades as they begin to retire. Twelve thousand Americans will turn sixty each day for the next eighteen years. Their retirements will most likely include longer life spans, higher health care costs and in many instances, a negligible pension.

Your own savings tale can have a happy ending. Vow to use time as your ally, not your enemy, and start saving right now. Left unattended, a challenge generally gets more complex and more difficult to address, whether it is a leaky faucet, a toothache or an empty savings account. Instead of concentrating on the fear of not having enough, imagine the feelings of satisfaction that come from right action.

Saving is the surest way to wealth, but rationalization can get in our way. We can always come up with a reason not to save. Instead, do it now! Go grab a piece of paper and write down all of the reasons you cannot save—every one of them!

