









Your Financial Life

Choose a topic



Quiz: Can you ace our holiday spending trivia quiz?



Did you know that American consumers plan to spend \$595 or more on holiday gifts alone this year, according to a 2015 National Retail Federation survey?

Presents are just one piece of the holiday spending puzzle. From décor to gifts and other festive purchases, Americans' seasonal shopping habits can add up to a significant amount.

Wondering where everyone's celebratory cash will be going this December? Take our 10question holiday trivia quiz to find out.

Start quiz











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Question 1 of 10



The holiday countdown is on! How much does the average American plan to spend on all holiday-related items this year?

- \$504
- \$806
- **\$932**
- \$1,000









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Question 2 of 10



How many smartphone owners plan to purchase something festive via their mobile device?

12%

21%

35%

55%

Incorrect











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Question 3 of 10



How much will the average shopper spend on gifts for family members this year?

\$463

\$525

\$634

\$792

Incorrect

You almost got it! Americans expect to spend \$463 on presents for their loved ones this holiday season — and \$78 on gifts for friends.



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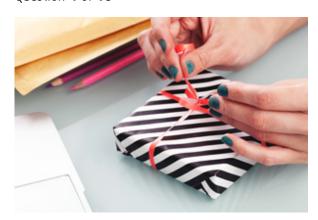
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Question 4 of 10



And how much do you think Americans will spend on their coworkers, on average?

- \$10
- \$17
- **\$20**
- \$26











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Question 5 of 10



Tis the season for spending - and it can add up fast. How many Americans plan to spend less than last year?

50%



86%

93%













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Question 6 of 10



How much will holiday revelers pay to deck their halls this December?



\$68

\$93

\$115











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Question 7 of 10



How many holiday shoppers plan to pay for presents with cash this season?

- **5%**
- **15%**
- 20%
- **30%**











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Question 8 of 10



What type of gifts do most Americans hope to receive this holiday season?

- Electronics
- Sporting goods
- Home decor
- Gift cards or certificates











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Question 9 of 10



We now know gift cards are pretty popular. On average, how much will Americans spend on gift cards this season?

- \$117
- \$153
- **\$205**
- \$256













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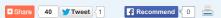
Question 10 of 10



How much do Americans intend to splurge on seasonal deals and non-gift items for themselves or a family member?

- \$101
- \$116
- \$132
- \$145





5 ways entrepreneurs may achieve a better work-life balance

How to run a business — and keep it from running your life.

Small business ownership can offer independence, a sense of fulfillment, financial rewards — and often, long hours.

In fact, 68 percent of small business owners are working longer days and more weekends than they were five years ago, according to a study from Sage North America. Additionally, a BMO Harris survey of more than 300 small business owners found that 67 percent identify themselves as worksholics and 82 percent admit to checking work emails on vacation (if they even take a vacation).

Related: Infographic: Do you have what it takes to be a small business owner?

When you're trying to launch a new company — or grow one — finding the time for lunch, let alone a week-long trip, can be hard. But those long hours can take a toll: 44 percent of small business owners say work stress has damaged their health, according to Bolt Insurance $\ensuremath{\mathbb{Z}}$.

If business is booming, but your personal life isn't, the following suggestions may help you strike a better balance between work and your personal life:

- 1. First determine if you're a workaholic: Do people say your job has taken over your life? Do you exhibit signs of chronic stress-related health issues, like an upset stomach and fatigue, or behavioral issues, like mood swings and forgetfulness? For a list of work-addiction signs, check out the Forbes article, <u>The Hidden Work-Life Balance Crisis Among Entrepreneurs</u>?! If you answer yes to any of the questions in the article, you may be working too much.
- Keep set hours: Entrepreneurs who field calls and emails at night, on weekends and during other off-hours may be inadvertently indicating to clients that they're available to work 24 hours a day, according to <u>USA Today</u> L^a.
- Be realistic about what you can accomplish each day: Planning a too-busy workday
 may prevent you from dealing with issues and opportunities that arise, according to the
 National Federation of Independent Business 2. You may feel like you need to fit in a
 million things but overbooking may actually cause you to waste time by overextending
 yourself.
- 4. Prioritize your time: Don't constantly check email and voicemail. Try setting an alarm to make sure you leave the office at a specific time and take breaks throughout the day moves that can help you stay focused and prevent stress.
- 5. **Become as efficient as possible:** Being organized can help you complete more work in less time, according to Monster.com Lt, which suggests using PDAs and other tech devices, project management software, shared calendars and other tools to help.

Even in busy times, it's important to try to schedule regular outside-of-work activities.

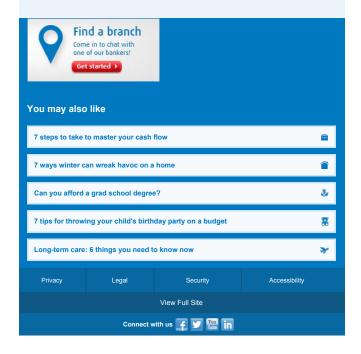
Entrepreneurs can easily go from working a 40-hour-a-week schedule to working 70 or 80 hours when they launch a business. So plan for family and other personal time to help ensure you get a chance to decompress.



¹ The survey referenced herein was conducted by Pollara Strategic Insights ("Pollara"), an independent research firm, at the request of BMO Harris Bank. Pollara is not affiliated with BMO Harris Bank, either by common ownership, management, control or otherwise. Results telde above are from an online survey conducted between November 14, 2013, and November 22, 2013, by Pollara. Interviews were conducted with 601 owners, presidents, CEOs or senior decision makers of businesses. A probability sample of this size would be accurate to ± 4.0%, it times out of 20. Results have been weighted to reflect the actual business landscape in the USA, based on the latest census data.

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Find out what home maintenance costs sustainable living can cut — and how much of an environmental impact you

