

OUTSMART CRAVINGS! DIET-FRIENDLY TREATS, P. 120

**MARISKA  
HARGITAY**  
On Standing  
Up for Yourself

# SELF

YOU  
AT YOUR  
BEST

SPECIAL WEEKEND ISSUE

## Easy 2-Day Makeovers

- **Sculpt Sexy Curves**  
Tone Your Abs, Butt and Thighs
- **Shop Once, Eat Healthy  
All Week** And Slim Down, Too!
- **Look Naturally Radiant**  
(Even When You're Exhausted)
- **Fight Less, Kiss More**  
Relationship Help for Everyone

**The Hidden  
Health Crisis  
That Threatens  
All Women** P. 190

*Yes, you can!*

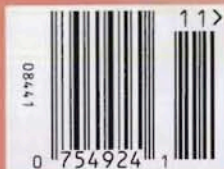
## Live Rich Without Getting a Raise

14 Ways to Save Money and Still Have Fun

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## **6** Write down these four numbers

Can you afford that car payment or the latest iPhone? Making smart money moves requires knowing where you stand financially—which means keeping the answers to these four questions close at hand, according to Galia Gichon, who created *My Money Matters*, a kit of money tips and tools. Ask yourself: (1) What do I owe? (e.g., credit card debt, student loans, mortgage); (2) What do I own? (retirement accounts, savings); (3) What do I spend? (total monthly bills and expenditures); (4) What do I earn? (gross yearly income, net monthly total). There's no magic formula; the payoff here is knowledge and increased confidence. Nailing down the numbers may take 15 to 20 minutes the first time you do it, but once you know them, not only will you feel more in control of your finances, you'll also be able to make money choices you can feel good about. **I TRIED IT**