

SIMPLIFY YOUR FINANCIAL LIFE

4 Quick Ways to Eliminate Paper

- **Reduce junk mail.** Get off junk mail lists at [DMA Choice](#).
- **Stop unwanted catalogs.** Get off catalog lists at [Catalog Choice](#).
- **Charity solicitations.** When responding to mailed requests from charities you support, take an extra thirty seconds to write on the donor form, "Do not share my contact information." Post a note to yourself to remember to include that note when responding to your chosen charities.
- **Credit card and insurance offers.** Get off prescreened credit card and insurance offers lists at the Federal Trade Commission's [Consumer Information](#). As a bonus when you visit this site, click over to the **Do Not Call Registry** and get your phone number removed from junk calls.

MORE INFO

Some of these tasks need to be done at regular intervals to ward off all that wasted paper and subsequent wasted time.

Take five minutes to do one of them right now. Then keep going or schedule another anti-junk task for tomorrow.

Before long, you will notice less mail in your mailbox, and fewer junk calls.

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