

PRACTICAL APPLICATION WORKSHEETS

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do^{ing} it scared

5 HABITS OF BUDGET SAVVY PEOPLE

We all know someone who makes budgeting look “sooo easy!” How do they do that? At some point we’ve all had trouble sticking to a budget. There are unexpected kids’ expenses, surprise flat tires...and the occasional pair of new shoes (that were totally on sale). You’re busy. Plus, it takes a few weeks to successfully build any new habit. So if it’s easier, try to tackle just one of these habits at a time and let each success build! Remember, it’s not about perfection, it’s about progress!

1 THEY WRITE OUT A BUDGET

Seems like a no-brainer, but actually sitting down to write out your entire budget makes all the difference in the world. We wouldn’t take a road trip without a map, so why do we try to navigate finances without a written budget? Sure, writing out your budget isn’t always fun, but the exercise provides a vital financial snapshot—and budget savvy ladies know: a well-planned budget is an incredible tool.

Need help budgeting? Check out our [Beginner’s Budget Worksheet](#) to get started!

2 THEY CAREFULLY CONTROL SPENDING

This is where avoiding that darned clearance aisle comes in. Budget savvy people are really good at only buying what they need, staying within their limits, and planning ahead.

Hard to resist the credit card? Try bringing only the amount of cash you need for each trip. Stick to a list and carefully track spending for a few weeks to notice patterns and problem areas. Ready to really take it to the next level (or need a jumpstart)? Try a no spend month!

3 THEY SET CLEAR FINANCIAL GOALS

Crushing goals feels so great! Goal setting is an important habit of successful people, so if we want to be successful budgeters, goals are important.

When it comes to goal setting, be realistic. Set yourself up for success by setting one manageable financial goal, then move on to each next little goal along the way. Each goal down is another step closer to a budget that’s under control!

4 THEY’RE BIG ON ACCOUNTABILITY

Budget savvy people know accountability is vital. Just like exercising with a partner increases motivation, checking in with a budget buddy really inspires financial success!

Pair up with a trusted friend or with your spouse. Be honest about where you are financially. Set ongoing weekly or monthly meetings or chats with your partner to ensure you’re both tracking your progress and working toward your financial goals.

5 THEY REWARD SUCCESS!

Seeing financial success? Treat yourself! Keep it reasonable, of course. (Maybe a \$10-15 splurge every so often.) It’s about dangling a carrot to keep moving forward AND celebrating victories along the way!

Not every reward has to cost money, either! Try spending a day relaxing, reading, or just celebrating becoming a budget savvy rock star!

MONTHLY BUDGET

Want to get your finances in order?
Want to become a budget superstar, but unsure where to start?
THIS budget worksheet has everything you need to tackle the basics. Getting a handle on your monthly budget and cash flow are the first steps to financial freedom.
You can do it!

MONTH: _____

INCOME (SOURCE 1): _____

INCOME (SOURCE 2): _____

TOTAL INCOME: _____

EXPENSES	BUDGET	SPENT	TOTAL
CHARITY	track all charitable giving for taxes at the end of the year. aim for 5-10% of income.		
church	\$	\$	\$
other giving	\$	\$	\$
SAVINGS	to start, save 10-15% of your income (increase as finances stabilize).		
emergency fund	\$	\$	\$
retirement	\$	\$	\$
other	\$	\$	\$
HOUSING	this number is generally pretty fixed (unless you refinance or rent). 20-35% of total income.		
mortgage/rent	\$	\$	\$
taxes/fees	\$	\$	\$
maintenance/repairs	\$	\$	\$
other	\$	\$	\$
UTILITIES	to avoid overpaying on utilities, call to negotiate the lowest rate possible. always check bills for mistakes or unannounced increases. utilities are usually 5-10% of total income.		
electricity/gas	\$	\$	\$
water	\$	\$	\$
cable/internet	\$	\$	\$
phone	\$	\$	\$
other	\$	\$	\$

EXPENSES	BUDGET	SPENT	TOTAL
FOOD	food can definitely get expensive—fast. eating at home, packing lunches, and planning each grocery store trip can help. food spending should be 5-12% of total income.		
groceries	\$	\$	\$
restaurants	\$	\$	\$
pets	\$	\$	\$
other	\$	\$	\$
CLOTHING	take care of clothing to stretch your investment. watch for thrift store and vintage finds. check mom-sharing boards and social media for kids' gently used staples. aim for 2.5% of income.		
adults	\$	\$	\$
kids	\$	\$	\$
cleaning/laundry/repair	\$	\$	\$
other	\$	\$	\$
TRANSPORTATION	preventative maintenance, public transportation, and errand planning can help you cut back on travel expenses. this category should be about 2.5% of total income.		
gas	\$	\$	\$
maintenance	\$	\$	\$
license & tax	\$	\$	\$
parking	\$	\$	\$
car replacement	\$	\$	\$
other	\$	\$	\$
INSURANCE	shopping around for this vital necessity can really pay off! Shoot for 10-25% of income.		
health insurance	\$	\$	\$
car insurance	\$	\$	\$
life insurance	\$	\$	\$
additional policies	\$	\$	\$
other	\$	\$	\$
HEALTH & MEDICINE	even preventative medicine and checkups can add up fast. Aim for 5-10% of income.		
medication/vitamins	\$	\$	\$
doctor/dentist/optometrist	\$	\$	\$
pets	\$	\$	\$
other	\$	\$	\$

EXPENSES	BUDGET	SPENT	TOTAL
PERSONAL	the remaining 10-15% (or "everything else") that doesn't fall into the above categories falls into Personal. There's usually some wiggle room here.		
personal care/ toiletries	\$	\$	\$
books/ office supplies	\$	\$	\$
tuition & school fees	\$	\$	\$
babysitting	\$	\$	\$
gifts	\$	\$	\$
furniture/ decor	\$	\$	\$
entertainment	\$	\$	\$
vacations	\$	\$	\$
dues & subscriptions	\$	\$	\$
pocket money	\$	\$	\$
other	\$	\$	\$
DEBT	aim to realistically pay off debts by allocating 5-10% of your total monthly income. pay off your lowest debt first, then move payments up to the next smallest amount, and so on.		
car payents	\$	\$	\$
credit card/debt 1	\$	\$	\$
credit card/debt 2	\$	\$	\$
credit card/debt 3	\$	\$	\$
credit card/debt 4	\$	\$	\$
student loans	\$	\$	\$
other	\$	\$	\$

TOTAL MONTHLY EXPENSES: _____

LESS TOTAL: _____

TOTAL: _____

BILL REDUCTION TRACKER

BILL NAME	ACCOUNT #	PHONE #	CURRENT PAYMENT	REDUCED TO	SAVINGS
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
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			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
			\$	\$	\$
TOTAL SAVINGS: \$					