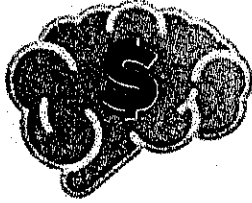


Mindful Spending Worksheet



Cutting back spending can be very hard if you haven't considered your motivation for buying things in the first place.

Think about a "want" purchase that is expensive or that you consider a luxury. This could be something you already have bought, something you're planning to buy, or something you really want to buy, but don't think you can afford just yet.

Thinking just of this one real or imaginary purchase, jot down your answers to the following questions:

My "Want" Purchase:

What is my reasoning/rationale for buying this particular thing?

What is the purpose behind making this purchase? What do I hope to get from buying it?

How do I think this purchase might make up for something in my life that is lacking?

What might be cheaper alternatives to this purchase? What are reasons to buy a more expensive version?



Making a Budget

A budget is a plan that shows you how you can spend your money every month. Making a budget can help you make sure you do not run out of money each month. A budget also will help you save money for your goals or for emergencies.

How do I make a budget?

- Write down your expenses. Expenses are what you spend money on. Expenses include:

Bills:

- > bills that are the same each month, like rent
- > bills that might change each month, like utilities
- > bills you pay once or twice a year, like car insurance

Other expenses, like:

- > food
- > gas
- > entertainment
- > clothes
- > school supplies
- > money for family
- > unplanned expenses, like car repairs or medical bills
- > credit card bills

You might have bills that change every month. Look at what you paid for the same month last year. You might need \$200 for your gas bill in January, but \$30 in July.

- Write down how much money you make. This includes your paychecks and any other money you get, like child support.
- Subtract your expenses from how much money you make. This number should be more than zero. If it is less than zero, you are spending more money than you make. Look at your budget to see what you do not need or what you could spend less on.



Make a Budget

Use this worksheet to see how much money you spend this month. Then, use this month's information to help you plan next month's budget.

Some bills are monthly and some come less often. If you have an expense that does not occur every month, put it in the "Other expenses this month" category.

MONTH _____ YEAR _____

My income this month

| Income | Monthly total |
|--|----------------|
| Paychecks (salary after taxes, benefits, and check cashing fees) | \$ _____ |
| Other income (after taxes) for example: child support | \$ _____ |
| Total monthly income | \$ 0.00 |

Income

My expenses this month

| | Expenses | Monthly total |
|-----------------------|--|---------------|
| HOUSING | Rent or mortgage | \$ _____ |
| | Renter's insurance or homeowner's insurance | \$ _____ |
| | Utilities (like electricity and gas) | \$ _____ |
| | Internet, cable, and phones | \$ _____ |
| | Other housing expenses (like property taxes) | \$ _____ |
| FOOD | Groceries and household supplies | \$ _____ |
| | Meals out | \$ _____ |
| | Other food expenses | \$ _____ |
| TRANSPORTATION | Public transportation and taxis | \$ _____ |
| | Gas for car | \$ _____ |
| | Parking and tolls | \$ _____ |
| | Car maintenance (like oil changes) | \$ _____ |
| | Car insurance | \$ _____ |
| | Car loan | \$ _____ |
| | Other transportation expenses | \$ _____ |

Make a Budget

| | Expenses | Monthly total |
|-------------------------------|---|-----------------|
| HEALTH | Medicine | \$ |
| | Health insurance | \$ |
| | Other health expenses (like doctors' appointments and eyeglasses) | \$ |
| PERSONAL AND FAMILY | Child care | \$ |
| | Child support | \$ |
| | Money given or sent to family | \$ |
| | Clothing and shoes | \$ |
| | Laundry | \$ |
| | Donations | \$ |
| | Entertainment (like movies and amusement parks) | \$ |
| | Other personal or family expenses (like beauty care) | \$ |
| FINANCE | Fees for cashier's checks and money transfers | \$ |
| | Prepaid cards and phone cards | \$ |
| | Bank or credit card fees | \$ |
| | Other fees | \$ |
| OTHER | School costs (like supplies, tuition, student loans) | \$ |
| | Other payments (like credit cards and savings) | \$ |
| | Other expenses this month | \$ |
| Total monthly expenses | | \$ 0.00 |
| | | Expenses |

$$\begin{array}{ccccccc}
 \$ & 0.00 & - & \$ & 0.00 & = & \$ & 0.00 \\
 \text{Income} & & & \text{Expenses} & & & &
 \end{array}$$

Maybe your income is more than your expenses. You have money left to save or spend.

Maybe your expenses are more than your income. Look at your budget to find expenses to cut.

Print Form