

REVAMP YOUR MONEY HABITS

FIRST, REVAMP YOUR MINDSET

I. What Are Your Personal Goals?

"Think about your life goals. What are your top 3 aspirations in life, that would make you say, "I am so proud I accomplished this".

Owning a house

Owning a car

Having children

Getting married

Having a successful business

Achieving total health

Eliminating Debt

Touring the world

A bank account with over 6 figures

Donating to charity

Other: _____.

II. REVAMP YOUR SPENDING.

Evaluate your money habits, and ask yourself, "How does this affect my plans for the future"?

Where Do You Spend The Most Money? Rate All That Apply from 1-12, 1 being the most amount spent and 10 being the least.

Fixed Costs

Rent/Mortgage

Car expenses (gas, insurance etc.)

Groceries

School

Transportation (public or taxi)

Utilities

Discretionary Spending

Clothing, shoes etc.

Electronics

Subscriptions (cable, Hulu, Magazines)

Eating Out

Entertainment & Travel

Home Goods

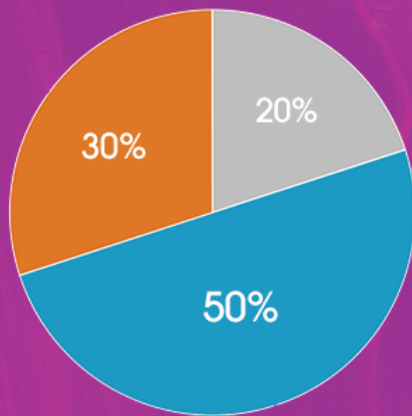
List Your Top 3 Goals From Part I

1. _____

2. _____

3. _____

III. Change The Way You Spend. Rule Of Thumb: Allot 50% of your income to your fixed costs, 20% toward your future goals and savings and, no more than 30% toward discretionary costs.



■ FixedCost ■ Future Goals ■ Discretionary Costs

NOW TAKE ACTION!

Now That My Mindset Is Revamped.....

I will spend less money on this:

I will put more money aside for this:



REVAMP YOUR BANK BALANCE:

Create a shopping list to prevent frivolous spending and do not touch anything outside of that list. Studies show that once you've physically touched an item your mind tells you it's yours.

USE CASH INSTEAD OF PLASTIC:

Using a cash budget allows you to be more responsible with the way you spend. Studies show that watching money disappear activates pain sensations which make you less apt to splurge.

SAVINGS CHALLENGE:

Utilizing the Weekly Cash Budget you've established from above, make it your business to save whatever monies you have left over at the end of week, whether it's 50 cent or \$20. Trust me, you'd be surprised how quickly it adds up!

For An Extra Challenge: Try creating a Daily Cash Budget.

GET ORGANIZED!!!

To Avoid Late Fees, And Unnecessary Charges:

1. Set an alarm on your mobile calendar to notify you of bills that are due.
2. Download a bill tracking app on your apple or smartphone device such as the Mint app to help you effortlessly stay on top of bills.
3. Change your bill due dates to accommodate your pay schedule. **DON'T WORRY THEY WILL WORK WITH YOU.**

NOW YOU ARE ON YOUR WAY TO TOTAL FINANCIAL FREEDOM!!!