

# STEPS TO A SUSTAINABLE

# BUDGET



01

## TRACK YOUR SPENDING

- AWARENESS
- LIKE A FOOD OR MIGRAINE LOG, BUT FOR YOUR SPENDING
- OR...PULL UP THE PAST TWO MONTHS OF STATEMENTS AND LOG THOSE

02

## CREATE BUDGET CATEGORIES

- THE HIGHLIGHTER METHOD...GROUP SPENDING TOGETHER
- UNIQUE TO YOU
- TOTAL UP SPENDING FOR EACH CATEGORY.
- FIGURE OUT SIZES OF CATEGORIES

03

## REFLECT

- HOW ARE YOU FEELING AFTER LOOKING OVER WHAT YOU'VE TRACKED?
- WHAT DID YOUR PARENTS TEACH YOU ABOUT MONEY?
- LIFE EVENTS THAT SHAPED YOUR VIEWS AROUND MONEY OR WHAT WAS IN YOUR WALLET



### References:

Her First \$100K - Financial Feminism & Money Education. (n.d.). Her First \$100K - Financial Feminism & Money Education. Retrieved November 16, 2022, from <https://herfirst100k.com>

Love, K. (2022). My money my way: Taking back control of your financial life. Portfolio/Penguin.



# PART 2 OF BUDGETING



## PRIORITIZE YOUR SAVINGS GOALS

04

- MAKE A LIST OF ALL YOUR POSSIBLE PRIORITIES
- DIVIDE THOSE UP BY CHRONOLOGY
  - SHORT TERM (1-3 YEARS OR LESS)
  - MEDIUM TERM (3-7 YEARS)
  - LONG TERM (7-10+ YEARS)

05

## CREATE A BUDGET CALENDAR OR MONEY DATES

CHECK FOR FRAUD/DOUBLE CHARGES ON YOUR STATEMENTS, LOOK OVER YOUR SUBSCRIPTIONS AND SEE IF YOU CAN GET RID OF ANY, CHECK ACCOUNT BALANCES, THEN, ASSESS YOUR PROGRESS TOWARD GOALS!

06

## INCLUDE YOUR WANTS

- A MISCELLANEOUS SINKING FUND
- BUDGETING OUT A SMALL PORTION OF MONEY FROM EACH PAYCHECK FOR THINGS LIKE HOLIDAY GIFT SPENDING, ETC.

07

## SPEND WITH PURPOSE

- BE INTENTIONAL!
- KNOWING WHAT YOU VALUE AND HOLDING TRUE TO THEM, EVEN IN THE TIMES WHEN THAT CAN BE REALLY TOUGH TO DO
- ZERO-BASED BUDGET OR CASH ENVELOPE

08

## MAGIC MAKING

- YOU HAVE CHOICES WITH THAT EXTRA MONEY YOU HAVE NOW!
- DO YOU WANT TO...
  - SAVE IT
  - SPEND IT
  - INVEST IT

