

Monthly Spending Plan Worksheet

Date: _____

EXPENSES

| | | |
|--|----------|----------|
| *Pay Yourself First: Money for Savings/Investments | \$ _____ | \$ _____ |
| Rent/Mortgage/Property Tax/Home Insurance | \$ _____ | \$ _____ |
| Home Repairs and Maintenance (Monthly Average) | \$ _____ | \$ _____ |
| Auto Loan Payments and Auto Insurance | \$ _____ | \$ _____ |
| Auto Repairs and Maintenance (Monthly Average) | \$ _____ | \$ _____ |
| Gasoline/Parking/Public Transportation | \$ _____ | \$ _____ |

Electric \$ ____ NatGas \$ ____ Cable \$ ____ Internet \$ ____

Water \$ ____ Garbage \$ ____ Phone \$ ____ Cell \$ ____

Total Utilities \$ _____ \$ _____

Groceries and Household Supplies (Average) \$ _____ \$ _____

Meals Out/Snacks/Coffee (Average) \$ _____ \$ _____

Tobacco/Alcohol (Average) \$ _____ \$ _____

Self Care (Haircut, Massage, Manicure, Cosmetics, Etc) \$ _____ \$ _____

Entertainment/Recreation/Hobbies/Sporting Activities \$ _____ \$ _____

Clothing Purchases and Dry Cleaning (Monthly Average) \$ _____ \$ _____

Dependent Care (Expenditures for Children and/or Pets) \$ _____ \$ _____

Medical/Dental/Therapy/Prescriptions (Monthly Average) \$ _____ \$ _____

Insurance Premiums (Medical, Disability, Life) \$ _____ \$ _____

Vacations/Travel (Monthly Average) \$ _____ \$ _____

Gifts to Others/Charity (Monthly Average) \$ _____ \$ _____

What else? _____ \$ _____ \$ _____

What else? _____ \$ _____ \$ _____

Monthly Living Expenses \$ _____ \$ _____

Personal Debts (from worksheet)

Credit Cards Monthly Payment \$ _____ \$ _____

Student Loans and Other Debts Monthly Payment \$ _____ \$ _____

Total Monthly Personal Debt Payments \$ _____ \$ _____

TOTAL MONTHLY EXPENSES \$ _____ \$ _____

(Living Expenses + Debt Payments)

INCOME

| | | |
|--|-----------------|-----------------|
| #1 Take-Home Salary After Taxes and Deductions | \$ _____ | \$ _____ |
| #2 Take-Home Salary After Taxes and Deductions | \$ _____ | \$ _____ |
| Health Savings, Childcare and Other 'Pass Through' Dollars | \$ _____ | \$ _____ |
| Commissions/Tips (Average) | \$ _____ | \$ _____ |
| Investments/Trusts (Dividends, Interest, Rent, etc) | \$ _____ | \$ _____ |
| Pension/Retirement/Social Security | \$ _____ | \$ _____ |
| Child Support/Alimony | \$ _____ | \$ _____ |
| What else? _____ | \$ _____ | \$ _____ |
| What else? _____ | \$ _____ | \$ _____ |
| TOTAL MONTHLY INCOME | \$ _____ | \$ _____ |

Total Monthly Income _____

Subtract Total Monthly Expenses

(_____)

(_____)

NET

\$ _____

\$ _____

If your expenses are greater than your income ... you have *two* choices:

- Reduce your expenses
- Earn additional income

If your income is greater than your expenses ... you have *many* choices:

- Freedom from financial insecurity
- Increased expenditures for yourself or others
- Savings for your future, near-term and long-term

***Accurate financial information is liberating.
Truthful awareness of the movement of money in your life
will provide the foundation for financial well-being.***