



A LOOK *at the* BUDGET

FINANCIAL MANAGEMENT

THE TRUTH ABOUT BUDGETING

Myth: I don't have time to work on a budget.

Truth: You don't have time *not* to make a budget!

When you see that a budget is simply spending your money with intention, you'll actually experience more freedom than before. Here are ten pointers for your first budget:

- 1. Budget to zero before the month begins.** That means every dollar gets a name before you spend a dime of it.
- 2. If you're married,** you and your spouse need to do the budget together, period. **If you're single,** find someone who can act as your accountability partner.
- 3. Every month is different** (think birthdays, vacations, car insurance, back-to-school supplies), so be sure to adjust your budget monthly.
- 4.** As you're budgeting, **start with your most important categories first**, like giving, housing, food, clothing, insurance and bills. Then, fill in the rest of your budget with your leftover cash.
- 5. If you're in debt, paying that off should be a top priority.**
- 6. Don't be afraid to make budget cuts.** If your budget is tight, save money by canceling cable, eating out less, and shopping at a discount grocery store. You can always rearrange things next month.
- 7.** If pen and paper (or spreadsheets) aren't your thing, **try the free online budget tool, EveryDollar**. You can make your budget and track your spending from the comfort of your smartphone! Plus, you can sync up your budget with your spouse.
- 8. Use the cash envelope system for as many budget categories as it makes sense.** For example, keep paying for gasoline with your debit card, but get cash out for your fun money and clothing cash. Once your envelope is empty, stop spending! It's the ultimate accountability partner.
- 9. Give yourself lots of grace.** It usually takes three to four months to get this whole budgeting thing down. It won't be perfect the first time, or the second, but you'll get there!
- 10. Be content.** You have much more than you realize. Don't compare your situation to anyone else's. Keep moving forward and doing what's right for *your* family.

<http://www.daveramsey.com/blog/the-truth-about-budgeting?snid=start.truth>

RESOURCES

- Department of Workforce Services 180 N. 100 W., Logan, UT (435-792-0300) www.jobs.utah.gov Financial, medical, childcare assistance, food stamps, employment workshops, etc.
- Department of Workforce Services 138 W. 990 S., Brigham City, UT 84302 (435-734-4060) Employment, childcare, food stamp information, training and schooling funds, financial & medical.
- USU Cache County Extension Services 179 N. Main, Ste. #111, Logan, Ut (435-752-6263) Information on food preparation, budgeting, gardening, canning, youth mentoring programs, etc.
- USU Cooperative Extension Services 1st South Main St., Brigham City, UT (435-695-2542) Home management info.; home canning, budgeting, cooking, gardening, food preservation, etc
- USU Family Life Center 493 N. 700 E., Logan, UT (435-797-7430) Counseling for eating disorders, family, couple, personal, financial, housing on a sliding scale fee.
- SEICAA 16 S. 1st W. Ste. B, Preston, ID 83263 (208-852-1515) Emergency food, energy assistance to low-income families. Rent assistance. Must qualify.
- <http://www.daveramsey.com/>

MONTHLY

Date: _____

Budget

Mortgage/Rent: _____

Dish/Cable: _____

Utilities: _____

Internet: _____

Home Insurance: _____

Personal Loan: _____

Car Insurance: _____

Credit Card: _____

Car Loan: _____

Groceries: _____

Home Phone: _____

Gas: _____

Cell Phone: _____

Misc.: _____

MONEY IN - MONEY OUT = MONEY LEFT

Budget Notes:

Father/Male Engagement activity: This month talk to your child about money. Have them sit with you while you pay bills and let them see how budgeting is a good thing.