



## HOW DO I GET STARTED?



### TRACK YOUR SPENDING

Take note of your monthly expenses. Calculate how much you spend on bills, on shopping, on groceries, etc. This will help you craft your budget, and show you where you need to stop spending.

1



### EVALUATE YOUR INCOME

Add up all the money you have coming in. This can be paychecks, gifted money, tax reimbursements, etc.

2



### PRIORITIZE YOUR VALUES

Ask yourself, what is the most important thing for you to spend money on? Is it important to buy food from restaurants instead of groceries, do you want to buy new clothes every month? Make a list of the things you value most and see what area you can scale back your spending

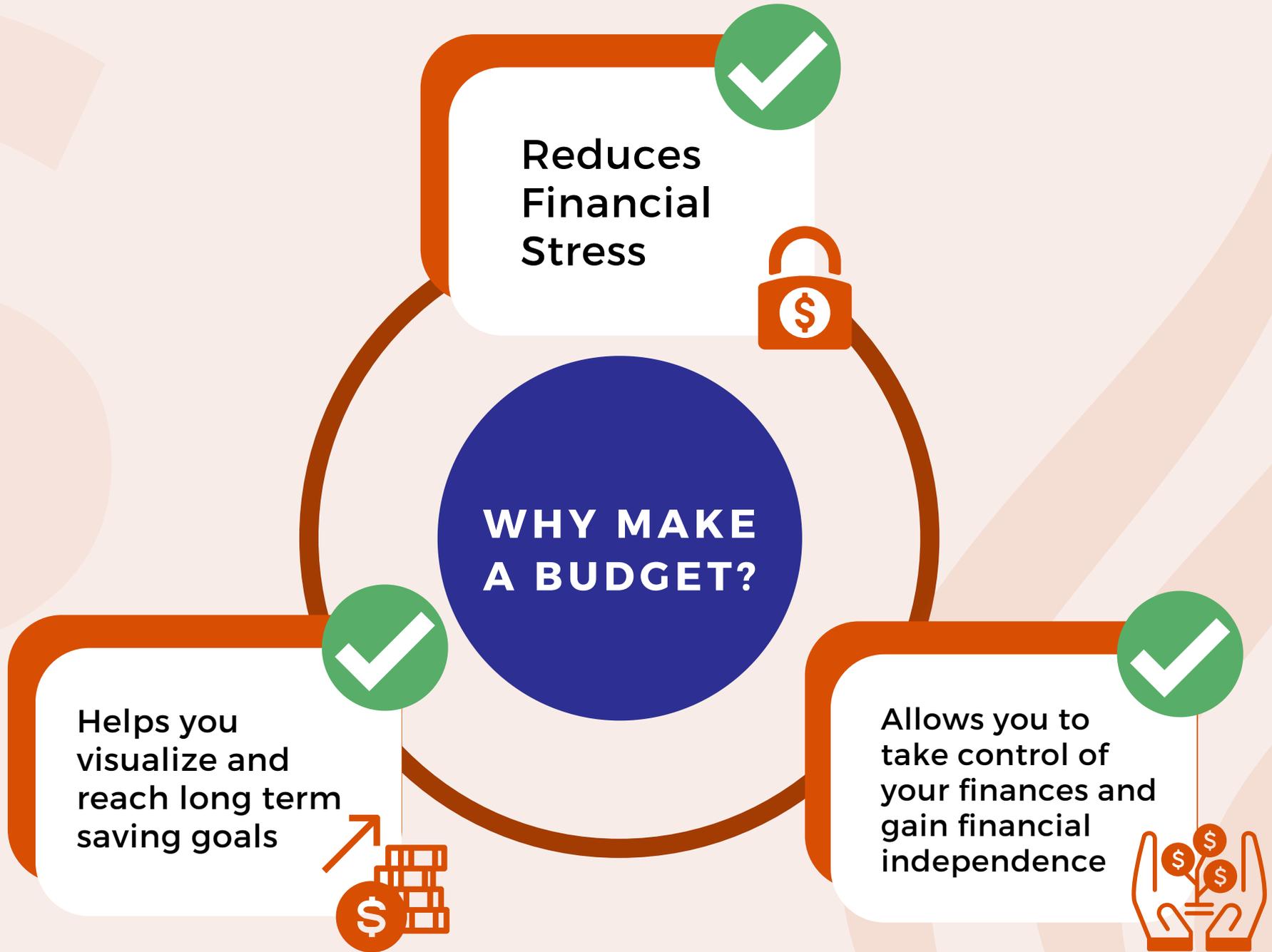
3



### SET GOALS

When you set these goals, you'll put more intention into your budget, and will prioritize your spending.

4





# HOW DO I STICK TO MY BUDGET?



## Don't spend money that you don't have

While it can be tempting to borrow money from your credit card before a paycheck, this form of spending has the potential to put you in debt. Don't spend if you don't know when or if you can pay it back.



## Use credit cards with lower limits

It is easy to overspend when using a credit card. By lowering your limit you essentially cut yourself off and prevent high debt.



## Plan your meals

Many sources say meal planning is a key element to sticking to a budget. Don't overspend on nightly, or even weekly, takeout. Plan exactly what groceries you need to buy, and stick to it!



## Follow the 50/20/20 rule

This rule sees you spending 50% of your monthly income on your basic needs, 30% on your wants, and 20% on your bills or to put into your savings. This is an easy way to break up your spending, and insure you are both saving and meeting your needs



## Have a budget buddy

find someone who can keep you accountable, and vice versa. Sticking to a tight budget can be more manageable if you have another friend doing it with you.