



My (more than)
money
journal

Financial
well-being:
about way more
than just money

“ Without dreams and goals, there is no living, only merely existing, and that is not why we are here.

”
- Mark Twain

This journal belongs to:

WARNING! Before you begin, you should know that investing in your financial well-being may have life-altering side-effects.

Investing in your financial well-being may cause you to be:

- dogged in your determination to live your best life
- gutsy & gritty when it comes to goals
- dauntless in adversity, resilient in storms
- relentless in pursuit of real financial well-being
- unshakable in your belief of yourself

If you choose to accept these risks, turn the page and begin living your best life; the live you were meant to live.

P.S. This journal is to help you explore and improve your relationship with money. In no way should this be considered nor replace expert advice.

How to use this journal

Something magical happens when you put pen to paper and write down your dreams.

Your dreams become tangible goals and you begin to take steps towards them. You live intentionally.

Let the journey begin.

dreams

are your destination

plans


are your map

courage

fuels you forward

Your journal includes:

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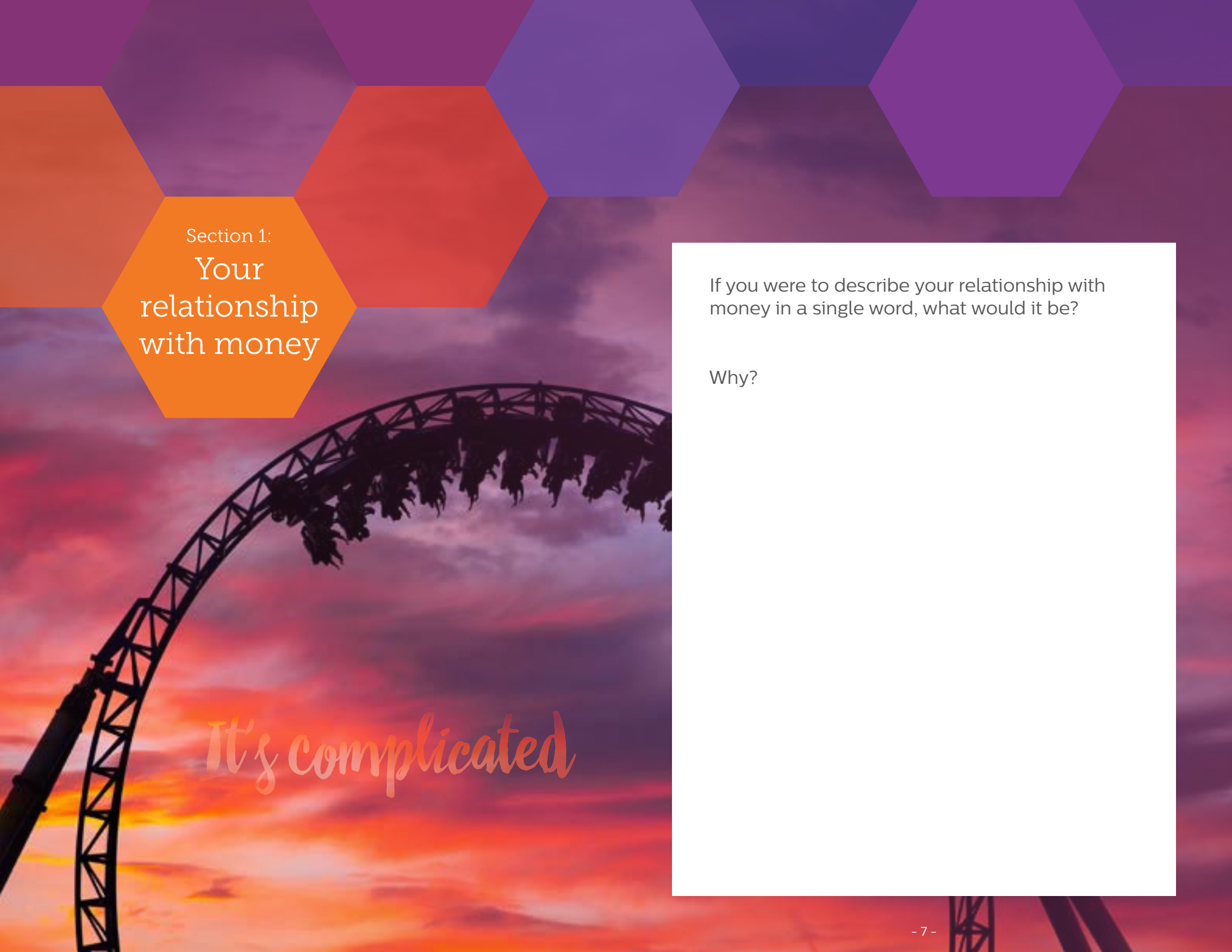
“When you know
your WHY, you’ll
know your way.”
- Michael Hyatt

Set the
stage

What is your motivation to embark on a financial well-being journey?

*You do not find
the happy life.
You make it.*

*- Camilla
Eyring
Kimball*



Section 1:
Your
relationship
with money

If you were to describe your relationship with money in a single word, what would it be?

Why?

It's complicated



How do the things you tell yourself affect your money relationship?
 Which are healthy and helpful and which would you like to change?
 Reframe the ones that aren't helpful.

*"We believe what we tell ourselves.
 Tell yourself:
 Everything will work out.
 Things will get better.
 You are important.
 You are worthy of great things.
 You are loveable.
 The time is now.
 This too, shall pass.
 You can be who you really are.
 The best is yet to come.
 You are strong.
 You can do this."
 -Doe Zantamata*

Date: _____ How are you feeling about \$ today?



Values

Your core values tell you what you consider important or deeply meaningful. They should reflect your life's purpose and who you want to be.

Our values not only reveal what we feel about ourselves but also influence our attitudes, preferences, and behaviors – including how we manage our money.

Abundance	Credibility	Happiness	Popularity
Acceptance	Curiosity	Health	Power
Accountability	Daring	Helping	Professionalism
Achievement	Decisiveness	Honesty	Prosperity
Adventure	Dedication	Hopefulness	Reason
Advancement	Dependability	Humility	Recognition
Advocacy	Determination	Humor	Resilience
Ambition	Dignity	Inclusiveness	Respect
Appearance	Diligence	Independence	Security
Appreciation	Diplomacy	Individuality	Self Control
Autonomy	Discipline	Inner Harmony	Sensitivity
Awareness	Discovery	Innovation	Sensuality
Balance	Diversity	Inspiration	Serenity
Beauty	Duty	Integrity	Service
Belonging	Education	Intellect	Significance
Boldness	Effectiveness	Intimacy	Simplicity
Calmness	Empathy	Intuition	Sincerity
Caring	Encouragement	Joy	Spirituality
Challenge	Enthusiasm	Kindness	Stability
Charity	Ethics	Knowledge	Strength
Cleanliness	Excellence	Leadership	Structure
Closeness	Experience	Learning	Success
Commitment	Expertise	Logic	Support
Communication	Exploration	Love	Sympathy
Community	Expressiveness	Loyalty	Thoughtfulness
Compassion	Fairness	Mindfulness	Thrift
Competence	Faith	Moderation	Timeliness
Competition	Family	Motivation	Tolerance
Confidence	Flexibility	Neatness	Tradition
Connection	Focus	Openness	Trust
Consciousness	Forgiveness	Optimism	Understanding
Consensus	Friendship	Organization	Uniqueness
Consistency	Freedom	Originality	Usefulness
Contentment	Frugality	Passion	Virtue
Contribution	Fun	Peacefulness	Vision
Cooperation	Generosity	Personal Growth	Warmth
Courage	Grace	Persuasiveness	Wealth
Creativity	Gratitude	Play	Wisdom
	Growth	Pleasure	Worthiness

DISCOVER YOUR CORE VALUES

STEP #1: Delve into your values.

Here are a few questions to help explore your values:

- What do I look for in a friend or spouse? In a mentor or guide?
- How do I respond in a crisis or other difficult situation?
- What qualities would I expect to see in the best version of myself?
- How do I interact with people, and how do I treat them?
- How do I show up? For relationships? For work? When no one is watching?
- What qualities in others do I admire?
- What choices have I made in the past that made me proud?
- Think of behaviours that you disapprove of, or dislike from others. What does it tell you about your own values? What would you do differently?
- What gives me a sense of meaning and fulfillment?

Use the list to the left as inspiration. Mark words that resonate with you – or cross ones off that don't. The list isn't exhaustive, so feel free to add your own.

Notes:

*"Find out who you are and do it on purpose."
- Dolly Parton*

STEP #2: Group similar values.

As you look through the values that you connect with, you will see that some words have similar meanings or fall into specific themes. Group these words together in a way that makes sense to you personally and choose one value word that represents the group.

For example, the words peace, simplicity and gratitude may fall under a “mindfulness” theme.

Remember, there are no right or wrong answers. You don’t have to choose common values that you think you should prioritize. Select those that resonate most with what you want for your life.

STEP #3: Refine your list

When you go through the list of values for the first time, you’ll likely check off quite a few that are important to you. Go through the list again and refine your list to those that are more meaningful to you than others.

Try to limit your personal core values list to no more than ten core values.

STEP #4: Prioritize your list

Rank your list of personal core values to clarify what is most important to you. We challenge you to identify your top 3 values that define who you are and how you show up.

EXTRA CREDIT; Supercharge your values with a verb.

Add a verb to each value so you can see what it looks like as an actionable core value.

For example, **INVEST** in well-being or **LIVE** in mindfulness.

BRIGHT IDEA: Post your values.

Post your values somewhere handy as an easy reference tool when you are faced with decisions. Put them on a sticky on the edge of your computer screen or your mirror.

Values exist, whether we recognize them or not. Life is easier when we acknowledge our values – and when we make plans and decisions that honor them.

“Values are like lighthouses; they are signals giving us direction, meaning and purpose.”

Who
you are



4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Top 3 Core Values

1. _____

2. _____

3. _____

Notes:

“When your intention is clear, so is the way.”
– Alan Cohen

How who
you are
relates to \$



How do your values affect your relationship with money?
What healthy aspects do you want to leverage? What money management habits don't align with your values that you'd like to change? How can you make future money choices that align with your values?

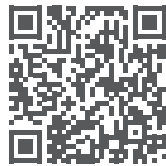
*“It is so important to take time for yourself and find clarity.
The most important relationship is the one you have with yourself.”
– Diane Von Furstenberg*

Date: _____ How are you feeling about \$ today?



What stresses you out when it comes to money? How do you deal with stress over money? Do you tend to avoid it or tackle it head on?

P.S. Scan the QR code to find out your Financial Stress Score along with guidance and content recommendations to transform your stress levels over time.



“Create a life that feels good on the inside, not just one that looks good on the outside.” - Unknown

It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary.
-Mandy Hale

Date: _____ How are you feeling about \$ today?



Extra credit assignment!



1. Scan the QR code above, or Visit: <https://weyburncu.enrich.org/> and find "Your Money Personality" in the Mindfulness menu
2. Take the assessment to help understand your relationship with money
3. Record your money type:
 - Emotions _____
 - Outlook _____
 - Focus _____
 - Influence _____
 - Bonus _____

How did it make you feel? How accurate do you think it is? What will you take away from it?

*"We can't just hope for a brighter day, we have to work for a brighter day."
- Dolly Parton*

Date: _____ How are you feeling about \$ today?





Money can't buy you love, but it can (definitely!) affect your relationships.

In a healthy relationship, both parties need to know where they stand financially and recognize their go-to strategies for dealing with money. If one of you is a spender and the other is a saver, the difference in your money-management styles could cause stress and jeopardize your relationship. On the flip-side, understanding each other's style and being able to talk about money comfortably can bring you closer together.

Here are a few questions to explore with your partner.

Spending

Likely the first thing you will talk about in the relationship is how much each of you make and who pays for what. These questions can help you figure out the basics of your partner's money habits:

- How would you describe your spending habits?
- How do you think couples should manage their finances?
- On a scale of 1 to 10, how would you rate how we spend our money? Why?
- Should we have equal say in our finances, even if one person makes more money than the other?
- What drives your financial decisions?
- Will we work together to create a budget?
- How much can we spend as fun money each month?
- What does being good with money mean to you?
- What is the maximum amount one of us can spend without consulting the other?
- How much do you think vacations should cost? How do we handle the expense?
- What did you learn about money growing up?
- Should we combine our money or keep it separate? If we keep our money separate, how do you want to handle shared expenses?
- Who will manage the family's finances day to day?
- How would you handle a sudden windfall? Would you treat yourself, pay off a debt or put it into savings?

- Is there anything we should talk about regarding each other's spending?
- Is there anything you would change about the way we handle money as a couple?

Saving & Investing

Planning ahead, setting goals and working towards those goals are key indicators of financial health. Here are some questions to explore with your partner to understand your penchants to savings.

- Is investing important to you?
- What are your dreams and goals?
- How much money do you save every month?
- How much money have you saved in total?
- How much do you want to save for emergencies?
- What are your financial goals for the future?
- Is there anything that scares you about our financial situation?
- Do you want to pay for our children's education?
- How are you planning for retirement?
- What kind of lifestyle do you want to live in retirement, and will you be able to afford it with your current savings plan?
- Will we both be responsible for investing for our future?
- How will we choose investments if we want to buy any?

Debt & Credit

Another important topic for new couples is how to handle debt and credit. These questions can help you better understand one another's credit standing and the debt loads you each carry:

- How do you feel about debt?
- Do you have debt that I'm not aware of?
- What are your credit scores?
- How much debt do you have?

- How are you currently managing debt?
- How much debt do you think is acceptable for our family?
- Do you believe there is good and bad debt?
- Do you typically carry a credit card balance?
- Do you owe any money to friends or family?
- Do you know how much your next credit card bill will be?

When things get tough

Things won't always be easy. But we can handle tough things better when we prepare for them.

- What will we do when we disagree about money and just can't see eye-to-eye?
- What keeps you up at night about our finances?
- How do you handle financial stress?
- How do you handle financial emergencies?
- How much should we have readily available for emergencies?
- What support systems do we have in place?
- Would you accept financial help from your friends or relatives?
- What expenses could we cut to live on less money?
- Are we prepared if one of us were to become sick, disabled or pass away?
- Do you have a will?
- How much life insurance is appropriate for each person?
- Would you seek financial counseling if you needed it?
- Would you consider filing for bankruptcy if we found ourselves in a tough spot financially?
- Would you give money to your siblings if they were in a difficult financial situation? Would you seek repayment?



Would you rather for couples: *money edition*

Would you rather is a simple fun way to talk about your preferences - money in particular with these questions. The learning begins when you start to explore why each of you chose your answers. Then you can begin to understand your similarities and differences and find some middle ground that works for you both.

Hint: use different colours to circle each of your answers to compare and contrast. Comparing answers may show where your beliefs and behaviors align or differ.

Would you rather:

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Win a dream 2 week vacation or a \$10,000 shopping spree in your favorite store? 2. Have \$100 or have your face on every \$100 bill? 3. Budget or free-wheel? 4. Eat ramen every day for a month, or go over your food budget by \$1,000? 5. Win \$50,000 or your best friend win \$200,000? 6. Make every purchase with cash or on credit? | <ol style="list-style-type: none"> 7. Make money or make memories? 8. Be rich and obscure or famous but broke? 9. Have limitless international first-class tickets on any airline of your choice or never have to pay for food at restaurants? 10. Only be able to purchase generic brands forever or name brands? 11. You have to purchase a large ticket item, would you rather borrow to buy it today or save |
|--|---|

- up to purchase in the future?
12. Travel the world for an entire year on a shoestring budget or stay in just one country for a year but live in absolute luxury?
13. Save or invest first or what's left over?
14. Go to the dentist or a financial advisor?
15. Shoot coins out of your mouth whenever you talk or just be normal, thanks?
16. Would you rather manage money like your parents or your siblings?
17. Which do you enjoy more: earning money or spending money?
18. Only be able to buy new cheap clothes or expensive clothes from a thrift store?
19. Stay in a job you dislike but has regular income or start up a business to do what you love but risk losing money?
20. Have separate or joint accounts?
21. Invest conservatively or aggressively?
22. Tell someone how much money you have or the most embarrassing thing you've done?
23. Earn lots of money doing a job you hate or not earn much doing a job you love?
24. Borrow money from a friend or lend money to a friend?
25. Buy a luxury item or travel?
26. Sell your pet for \$50,000 or keep your pet?
27. Pay \$1,000 for a flight somewhere a 15-hour drive away, or make the drive?
28. Be known for your generosity or financial savvy?
29. Give someone \$100 or tell them what your income is?
30. Be poor but everyone thinks that you're rich or be rich but everyone thinks that you're poor?
31. Walk away with \$1,000 or flip a coin to see if you could win \$5,000?
32. Tell a clerk about a mistake ringing you in or pocket the money from the mistake?
33. Be rich and ugly or poor but gorgeous?
34. Always have to order the most expensive thing on the menu every time you go to a restaurant or the cheapest?
35. Spend \$200 on someone's Christmas present and they only spend \$20 on you or spend \$20 on someone's Christmas present and they spend \$200 on you?
36. One million dollars now or \$5,000 a week for the rest of your life?
37. Invest on your own or with advice from an expert?
38. Keep money found in a wallet or return it to it's owner?
39. Someone give you money or their time?
40. Spend money on experiences or things?
41. Look after money yourself or have someone look after it for you?
42. Sit in the middle seat for a 10-hour flight because it was a good deal, or not travel at all?
43. Go back in time to fix your biggest money mistake or look into your future to find out where you end up?
44. Talk about money problems or your bowel movements?
45. Have tons of money and no free time or have tons of free time and very little money?
46. Win \$1 million tomorrow or \$20 million in 20 years time?
47. Be rich or powerful?
48. Win \$1M and loose your best friend or stay status quo?
49. Pay rent in Hawaii or live for free in Alaska?

Your relationship with money journal prompts:

For each topic, explore why you feel that way, how it affects you, your beliefs and your behavior, if it's helpful or not, and what changes you'd like to make.

- What's my money story?
- If money were your bestie, how would you feel in your current relationship?
- We all have different definitions of wealth and financial well-being. What does wealth mean to you?
- What would it look like to be in an abundant relationship with money?
- Do you ever feel shameful about money?
- What do I believe about people who have a lot of money?
- What do I believe about money?
- Do you believe you manage money well? What would it take to believe it?
- What do you need to get off your chest?
- Who taught you about money? What did they teach you? What would you tell your younger self about money?
- What is the relationship between money and happiness for you?
- What is your earliest memory of money?
- What fears do you have about money?
- What emotions do you experience when you spend money?
- I am not _____ enough when it comes to money. To flip this around I need to _____.
- When it comes to money, what is your kryptonite?
- Do you hold on to your money or spend it straightaway? Why?

“

The goal isn't more money. The goal is living life on your own terms.

- Chris Brogan

”

You're braver
than you believe,
stronger than
you seem, and
smarter than you
think.

- A.A. Milne

Date: _____ How are you feeling about \$ today?



Once you
face your
fear, nothing
is ever as hard
as you think.

- Olivia
Newton-John

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



The people who
are crazy enough
to think they can
change the world
are the ones who do.
- Steve Jobs

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Once you replace
negative thoughts
with positive ones,
you'll start having
positive results.
- Willie Nelson

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Happiness is
not something
readymade;
it comes from
your own
actions.

- The Dalai
Lama

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Tough times
never last,
but tough
people do.

- Robert H.
Schuller

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Section 2:

Begin at the end

If you were to describe your best life in a single word, what would it be?

Why?

“Money is not the goal. Money has no value. The value comes from the dreams money helps you achieve.”
Robert T Kiyosaki

HEALTH

FAMILY

*vision
board*

WEALTH

LIFESTYLE

CAREER

PERSONAL

Begin at the end journal prompts:

Beginning at the end means looking at what your best life means to you. The clearer we are in our vision, the more motivated we are to take steps toward it. We encourage you to take a deep dive into what you really want your life to look like.

- What would you do with your life if money wasn't an object?
- Write a letter to your future self.
- How would I feel if I were doing better financially?
- What scares you about the future?
- What excites you about the future?
- Describe a day living your best life.
- What kind of relationship do you have with money? What relationship would you like to have with money?
- How does money bring you joy?
- When have you felt at your richest?
- What would you like your financial life to look like in 10 years' time?
- What purpose do I want my money to serve?
- If I was wealthy, where would I live?
- What does "enough" money look like?
- What makes you feel wealthy?
- Can I live wealthy without having a lot of money?
- My money future is going to be...

“Almost all of the world-class athletes and other peak performers are visualizers. They see it; they feel it; they experience it before they actually do it. They begin with the end in mind. -

- Stephen Covey”

All dreams are within reach. All you have to do is keep moving towards them.
- Viola Davis

Date: _____ How are you feeling about \$ today?



Go confidently in
the direction of your
dreams. Live the life
you have imagined.
- Henry David
Thoreau

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Act as if what
you do makes
a difference.
It does.
- William
James

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



What you get by
achieving your
goals is not as
important as
what you become
by achieving
your goals.
- Zig Ziglar

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Believe you can and
you're halfway there.
- Theodore Roosevelt

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



You are never too old
to set another goal or
to dream a new dream.
- C.S. Lewis

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



What's on your bucket list?

A collection of all the things I want to do, see, visit or experience, *beginning with my Top 10:*

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

- 11 _____
- 12 _____
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- 17 _____
- 18 _____
- 19 _____
- 20 _____

*"We didn't realize we were making memories. We just knew we were having fun."
- A.A. Milne*



What's on your bucket list?

(Continued)



- 21 _____
- 22 _____
- 23 _____
- 24 _____
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- 28 _____
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- 50 _____

*"Sometimes you never know
the value of a moment until
it becomes a memory."
- Dr. Seuss*

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- 100 _____

What is holding you back from achieving your dream life?
Or taking action? How can you overcome it?

“Excellence is never an accident. It is always the result of high intention, sincere effort and intelligent execution; it represents the wise choice of many alternatives – choice, not chance, determines your destiny.”
– Aristotle

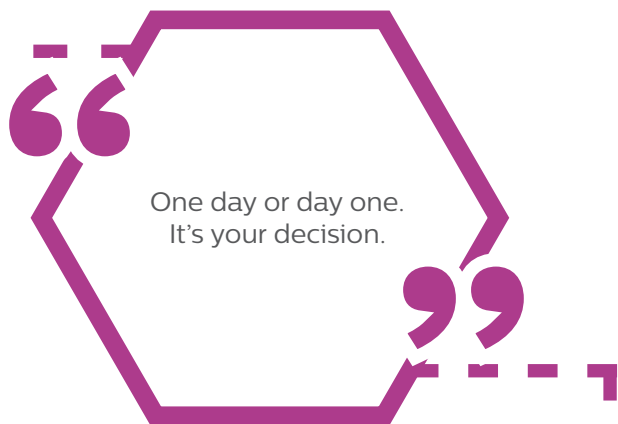
Section 3:

Purpose-driven action

Purpose-driven action journal prompts:

Beginning at the end means look at what your best life means to you. The more clear we are on our vision, the more motivated we are to take steps toward it. We encourage you to take a deep dive into what you really want your life to look like.

- Describe your money mindset using 5 adjectives. Why do you want to improve it?
- What excuses are holding me back financially?
- What will happen if you don't take action?
- What could happen if I do take steps toward financial well-being?
- Describe how you feel when talking about money with others. What healthy ones I can leverage? What beliefs ones I can reframe?
- How will you celebrate your progress?
- If all your existing debt disappeared overnight, how would your life change?
- List 5 financial lessons you've learned from past experiences.
- What beliefs do you have about money that may stop you from taking action? How can you reframe them?
- How do you feel about your current spending habits?
- Who is your financial role model? What do you like about what they do? How can you learn from them?
- What accomplishment are you proud of? How can you apply that to your finances?
- How do you balance the need to save money with the desire to enjoy life?
- List 10 words you associate with the phrase "financially independent." What did you learn?
- In your own words, what is a credit card for? List 5 things you might pay for with a credit card. List 5 things you wouldn't use your credit card for.
- How do credit cards help you reach your goals? How do they slow you down?
- Describe your history (or your family's history) with debt. How do you feel about the role debt has played in your life?
- What are you willing to go into debt for? How much debt are you willing to go into?



"You'll never do a whole lot unless you're brave enough to try."

- Dolly Parton

Date: _____ How are you feeling about \$ today?



One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.
- Michelle Obama

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



"All you need is a smile
and a little sparkle."

— Dolly Parton

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



*It is often the small steps,
not the giant leaps, that
bring about the most
lasting change.*

- Queen Elizabeth II

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



We will fail
when we fail
to try.
- Rosa Parks

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



All our dreams
can come true
— if we have
the courage to
pursue them.
— Walt Disney

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Do you want the good news? OR THE BAD NEWS FIRST?

Let's start with the bad news. FP Canada™ reports in their 2023 Financial Stress Index:

Two-in-five Canadians say money is their top source of stress.

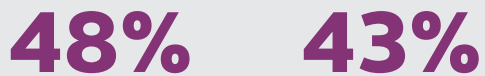
Other causes include:



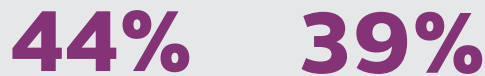
More Canadians are:



Losing sleep compared to last year:



Feeling less hopeful about their financial futures:



The good news:

Canadians are taking steps to reduce financial stress.

Here are the Top 5 steps they are likely to take:

#1 Tracking expenses

is the step most Canadians are likely to take.

44%



#2 Paying down debt

36%



#4 Creating a budget

30%



#3 Saving more

34%



#5 Starting an emergency savings fund

30%

Working with a CERTIFIED FINANCIAL PLANNER® (CFP) professional helps reduce stress too.

Here's what Canadians said:

	Working with a CFP	Without
• Money is my top source of stress	31%	40%
• I feel hopeful about my financial future	59%	46%
• I've lost sleep over financial worries	38%	49%
• I don't have financial regrets	28%	17%

My net worth STATEMENT



Your net worth is a snapshot of your current position and overall financial health. Simply put, it's the value of everything you own less what you owe.

ASSETS

Revisit every year to check your progress.

As of: _____ As of: _____

Short-term Assets

Spending accounts _____
 Savings accounts _____
 Other: _____
 Other: _____

Investment Assets

Retirement accounts _____
 Pension plan _____
 TFSA _____
 Equity investments _____
 Fixed-income investments _____
 Life insurance cash value _____
 Business interests _____
 Income property _____
 Other: _____
 Other: _____

Personal Property

Principal residence _____
 Home furnishings _____
 Art/collectibles/jewelry _____
 Automobiles _____
 Recreational vehicle/boat _____
 Vacation property _____
 Other: _____
 Other: _____

TOTAL ASSETS

LIABILITIES

Short-term Liabilities

Credit cards _____
 Line of credit _____
 Taxes _____
 Other: _____
 Other: _____

Loans

Mortgage _____
 Home equity loan _____
 Income property mortgage _____
 Auto loans _____
 Student loans _____
 Personal loans _____
 RV/boat loans _____
 Other: _____
 Other: _____

TOTAL LIABILITIES

NET WORTH

(Assets - Liabilities)

=====

What's it all mean?

Big Picture Understanding:

Your net worth provides a big picture understanding of your financial position. It may influence your financial decisions, goals, timing and more.

Debt Reduction:

Understanding the amount of debt you owe along with time-frames and associated costs will provide insights on opportunities to improve your financial health.

Key Financial Health Metric:

It's a key metric in assessing your wealth and financial well-being that you can track over time.

Top 4 ways to grow it!

-  **#1:** Reduce debt
-  **#2:** Make smart investments
-  **#3:** Cut expenses and increase savings
-  **#4:** Home ownership

Budgeting for a better and brighter future.

Did you know?

Canadians with poor financial health typically struggle with saving, paying bills, tracking spending and budgeting. Actions that define a financially secure person.



72%

do not save for emergencies



67%

do not pay credit cards in full



72%

do not track their spending



72%

do not have a budget they stick to

If you struggle with any one of these points, a budget may help you control your finances, use credit wisely, and help you meet your financial goals.

The budget effect



Those who budget are able to keep up with bill payments, save money, and overall manage their debt and money better.



66% of people who budget are able to cover up to \$2,000 in emergency costs, while only 46% of people who don't budget were able to do the same.



In fact, those who budget are more prepared for financial emergencies because they are able to save.



Budgeting improves your financial literacy by making you more aware of how your financial decisions and spending habits affect your financial health.

What is a budget?

A budget isn't about restricting what you can spend. It gives you permission to spend without guilt or regret. A budget is simply a spending plan that takes into account estimated current and future income and expenses for a specified future time period, usually a year.

- Having a budget keeps your spending in check and makes sure that your savings are on track for the future.
- Budgeting can help you set long-term financial goals, keep you from overspending, help shut down risky spending habits, and more.

Gaining financial control starts with a budget. It creates a detailed image of your income and expenses, allowing you to spot key spending areas that affect your financial health and where you can save money.

Journal prompt: What are your beliefs about budgeting? Are they healthy or could you reframe them? Do you budget? Why or why not?

Date: _____ How are you feeling about \$ today?

😊 😬 😄 🙌 😐 😞 😡 😢 😏 😇 😊 😓 😬 😡

Monthly budget planner

p.s. There is a budgeting tool on Enrich and a spreadsheet on our website if you prefer.

Income

	Budget	Actual
Wages & Tips	_____	_____
Interest Income	_____	_____
Dividends	_____	_____
Other:	_____	_____
Total Income	_____	_____

Expenses

HOME Expenses

Mortgage/Rent	_____	_____
Home/Rental Insurance	_____	_____
Electricity	_____	_____
Gas	_____	_____
Water/Sewer/Trash	_____	_____
Phone	_____	_____
Cable/Satellite/Subscriptions	_____	_____
Internet	_____	_____
Other:	_____	_____

TRANSPORTATION Expenses

Vehicle Loan Payments	_____	_____
Auto Insurance	_____	_____
Registration/License	_____	_____
Fuel	_____	_____
Repairs	_____	_____
Other:	_____	_____

ENTERTAINMENT Expenses

Dining/Eating Out	_____	_____
Hobbies	_____	_____
Recreation	_____	_____
Vacation/Travel	_____	_____
Other:	_____	_____

Budget Actual

HEALTH Expenses

Health Insurance	_____	_____
Doctor/Dentist	_____	_____
Medicine/Prescriptions	_____	_____
Health Club Dues	_____	_____
Life/Disability/Critical Illness Ins.	_____	_____
Veterinarian/Pet Care	_____	_____
Other:	_____	_____

DAILY LIVING Expenses

Groceries	_____	_____
Personal Supplies	_____	_____
Clothing	_____	_____
Cleaning	_____	_____
Salon/Barber	_____	_____
Pet Food	_____	_____
Other:	_____	_____
Other:	_____	_____

SAVING & INVESTING

Emergency Fund	_____	_____
New Home Fund	_____	_____
Retirement Fund	_____	_____
Education Fund	_____	_____
Vacation Fund	_____	_____
Other:	_____	_____

OBLIGATIONS

Student Loans	_____	_____
Credit Card Debt	_____	_____
Other:	_____	_____
Banking Fees	_____	_____
Other:	_____	_____

Total EXPENSES

Monthly Surplus/Deficit

"It's not the goal that will make you successful, it's what you do daily."
Maxime Lagace

THE 50/30/20 budgeting rule

(if traditional budgeting isn't for you)

FUN



30%
Eating out
Shopping
Entertainment
Subscriptions

20%
Emergency Fund
Debt Repayments
Retirement
Investing



FINANCIAL GOALS

ESSENTIALS

50%
Rent/Mortgage
Utility Bills
Insurance
Groceries
Transportation

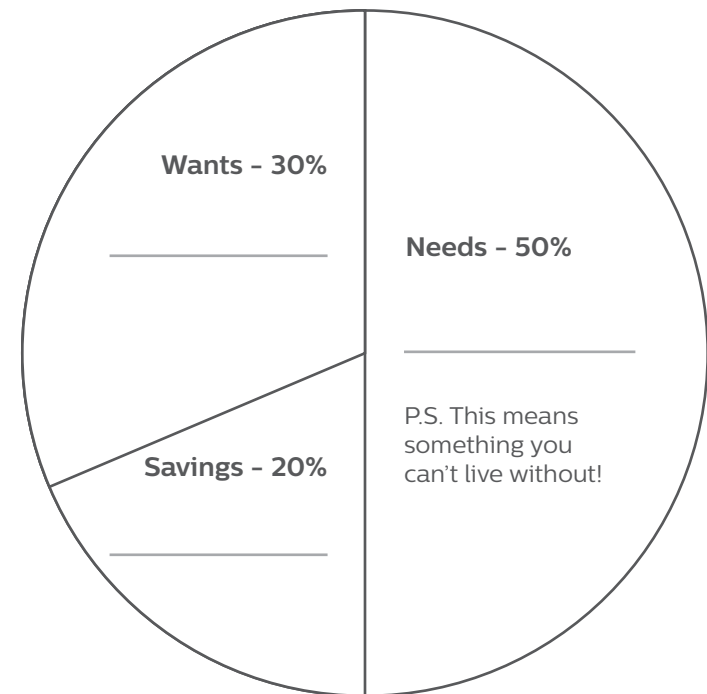


Creating a budget can help you make confident decisions and enjoy peace of mind. A detailed budget, though, can be complex to manage. For one easy way to plan your spending, you might try using the 50-30-20 rule.

The 50-30-20 rule splits expenses into just three categories. It also offers recommendations on how much money to use for each. With some basic information, you can get on the road to financial well-being.

Your monthly income (after taxes): _____

Monthly after-tax income	\$2,500	\$5,000	\$6,000	\$10,000
50% Needs	\$1,250	\$2,500	\$3,000	\$5,000
30% Wants	\$750	\$1,500	\$1,800	\$3,000
20% Financial Goals	\$500	\$1,000	\$1,200	\$2,000



The 50-30-20 rule is just one way to consider organizing your budget. To find the perfect fit for your situation, consult a professional financial planner.

“If you want something you have never had, you must be willing to do something you have never done.” — Thomas Jefferson

EMERGENCY FUNDS

Life happens. But you can be cash ready with an emergency fund.

Here are seven easy steps to get started:

1. Make a budget to see where you can start saving more money
2. Determine your emergency fund goal
3. Open a savings account via our app or online banking
4. Set up a direct deposit or automatic transfer
5. Gradually increase your savings
6. Save unexpected income
7. Keep saving after reaching your goal. You can always choose a new goal!

“If you fail to plan, you are planning to fail.”
– Benjamin Franklin

An emergency fund is a separate cache of savings that can cover you during an emergency, giving you a sense of financial independence. This money gives you the power to hand over cash to cover the big and small surprises that come your way.

Why should I have one?



Protects you
against unforeseen circumstances and expenses.



Avoid costly debt
Helps you cover these expenses without incurring debt.



Peace of Mind
Helps minimize financial stress

What should I use it for?



Higher than expected tax bill



Emergency pet care



Unexpected Travel



Home repairs



Medical Emergencies



Car repairs



Job Loss

How much should I have in it?

What's right for you depends on your financial circumstances, including your income, monthly expenses, and dependents. A general rule is to save enough money to cover three to six months of your living expenses including, but not limited to, rent, food, utilities and childcare.

It may seem like a lot to tackle, but you can break your goal down into manageable steps:





Emergency fund *calculator*

Essential living expenses

Housing Expenses

- Rent/mortgage
- Utilities
 - Gas
 - Electricity
 - Water
 - Internet
 - Cable
 - Phone
 - Other:
- Home maintenance
- Property tax
- Home insurance
- Other:

Total Housing Expenses

Food & Healthcare

- Food
- Personal hygiene products
- Life, medical, dental and/or disability insurance
- Child care
- Other:

Total Food & Healthcare

Loans and Other Expenses

- Loan payments
- Credit card payments
- Education expense
- Other:

Total Loans and Other Expenses

Total monthly living expenses

Multiply by 6 (for 6 months expenses)

Your emergency savings goal

Hint: you can take this number forward to the next few pages when we tackle smart financial goals!

“An unintentional life accepts everything and does nothing. An intentional life only embraces the things that will add to the mission of significance.”

- John C. Maxwell

The best goals are:

S

Specific: What exactly are you trying to achieve?

M

Measurable: How will you know when you've achieved it?

A

Attainable: Is it genuinely possible to achieve it?

R

Relevant: Does it contribute to your best life?

T

Time-bound: When do you want to achieve it by?

Did you know?

You are 42% more likely to achieve your goals if they are simply written down.



SMART goals in action:

S

What specifically would you like to achieve?

I want to go on a family vacation to Hawaii

M

How will you know when you've achieved it?

I will need to save \$20,000 for food, excursions, airfare & hotel..

A

How will you achieve it?

A quick calculation says I need to save \$500 per month.

R

How will it contribute to your best life?

This will probably be our last trip as a family as my oldest will be leaving home shortly after - so I want to make memories..

T

When would you like to achieve it by?

I am planning on going for my 10th birthday in 3 years.

Need a bit of inspiration?

Here are a few goal ideas you can make smart:

- Build an emergency fund
- Save for a dream vacation - or a wedding, a new car, to return to school etc.
- Save for a down payment on a house. Already have a home? Save for a home renovation instead.
- Increase income by taking on a part-time gig or side-hustle.
- Save to start up a new business.
- Pay off all consumer debt - too big to tackle? Choose credit card or student loan debt instead.
- Create a plan to become debt-free, including mortgage.
- Reduce monthly expenses. Too big? Choose a category like entertainment, subscriptions or eating out.
- Improve your credit score.
- Begin or increase retirement savings.
- Create a retirement plan and project retirement income needs.
- Create a will and estate plan.
- Create a budget and stick to it for 6 months.
- Create a plan to increase net worth.
- Create a plan to become financially independent.



SMART financial goals

S

Specific

What exactly are you trying to achieve?

M

Measurable

How will you know when you've achieved it?

A

Attainable

Is it genuinely possible to achieve it?

R

Relevant

Does it contribute to your best life?

T

Time-bound

When do you want to achieve it by?

(S) What exactly are you trying to achieve?

(R) How will it contribute to your best life?

EX. Build an emergency fund.

Get rid of the stress of wondering if I can withstand an unexpected expense.

Short-term goals

(under 1 year)

Mid-term goals

(1-5 years)

Long-term goals

(5+ years)

(T) Target date	(M) Total savings needed	Current savings	Additional savings needed	Pay periods remaining	(A) Savings needed/pay period
1 Year	A \$5,000	B \$1,000	A-B=C \$4,000	D 26	C/D \$153.85

Taking *purpose-driven* action

Now that you taken a deep dive into your relationship with money and what you really want in life. Let's distill all that information into the top five things to do to start creating that life. Review your journal posts, activities, bucket list and SMART financial goals. Pick five areas that are your highest priorities along with what you need to do to achieve your priorities. If a goal seems too big, break it down into milestones. We encourage you to taking action on all five within a year. And we'd be happy to help!

We also encourage you to have a financial health check-up each year, with us or on your own. It might seem scary to do it with us, but we love to help people achieve their dreams. And we're always a judgment free zone.

3

1

"A goal is a dream
with a deadline."

4

Napoleon Hill

2

5

Use the last few pages to capture your learning, ah-has and take-aways. Remember, in the journey to financial well-being, we have your back.

*In the long run, you make your own luck – good, bad, or indifferent.
– Loretta Lynn*

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



When you have a
dream, you've got to
grab it and never let go.
- Carol Burnett

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



"What's money?" A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.

- Bob Dylan

Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



Date: _____ How are you feeling about \$ today?



“Wealth is the ability to fully experience life.”
- Henry Thoreau



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