

# TAKING CONTROL OF FINANCES

“

“Wealthy people invest first and spend what’s left.  
Broke people spend first and invest what’s left.”  
— Unknown

”

## **A BUDGET THAT IS NOT IN BALANCE MAKES FOR A LIFE THAT IS NOT IN BALANCE.**

According to an October 2021 study by Highland Solutions, 63 percent of Americans live paycheck to paycheck. Credit card companies issue credit to individuals who cannot afford to pay their debt, thus forcing one to resort to these same cards to purchase items they don’t have the liquid assets to afford. And a cycle is born.

Take, for example, a car loan. It is a widely held belief that a car purchased on credit is the norm. However, an automobile is your fastest depreciating liability and should not come attached to a five-year interest loan. Instead, buy a car you can afford to pay for outright with cash. Taking control of your finances begins with not living beyond your means.

A balanced life is one in which income and assets are significantly higher than liabilities. Some of the highest stress levels come from not having enough income to pay for monthly bills. Your goal is to exist in a debt-free state, so your money works for you and not vice versa.

*Attainable: A Guided Planner for Positive Change* is not a financial planning guide. Instead, the downloadable excel spreadsheet contains tabs that are a simple guide to help you see your finances so that, if necessary, achieving financial health becomes part of your priority goals.

Fill out the amount you contribute to each of these fields to the best of your ability.

Home	Current Monthly	Current Annually	Payoff Amount	Duration	End Date	Goal or Notes
Mortgage/Rent						
Second Mortgage						
Utilities						
Electricity						
Gas						
Cable/ Internet						
Water/Sewer						
Landline/ Telephone						
Mobile Telephone						
Trash						
Pest control						
Home improvement						
Household items						
Landscaping						
Other						
<b>Total</b>						

Savings	Current Monthly	Current Annually	Payoff Amount	Duration	End Date	Goal or Notes
401K, Roth IRA						
Savings Account						
Vacation Account						
Education/Tuition						
Certificate of Deposit						
Portfolio Investment						
Portfolio Investment 2						
Other						
Other						
Other						
<b>Total</b>						

Transportation	Current Monthly	Current Annually	Payoff Amount	Duration	End Date	Goal or Notes
Car Payment 1						
Car Payment 2						
Car Payment 3						
Insurance Payment 1						
Insurance Payment 2						
Insurance Payment 3						
Gasoline						
Car repair						
Parking						
Public Transportation						
AAA or similar						
Other						
Other						
<b>Total</b>						



Health	Current Monthly	Current Annually	Goal or Notes
Food/Groceries			
Gym membership			
Health Insurance			
HSA Contribution			
Supplemental			
Life insurance			
Dental/Orthodontics			
OTC Meds			
RX Meds			
Veterinarian			
Other			
<b>Total</b>			



Credit Bal	Current Monthly	Payoff Total	Duration	End Date	Goal or Notes	Future Monthly
Credit Card 1						
Credit Card 2						
Credit Card 3						
Dept. Store Card 1						
Dept. Store Card 2						
Student Loan 1						
Student Loan 2						
Other						
Other						
Other						
<b>Total</b>						

Personal	Current Monthly	Current Annually	Goal or Notes
Daycare/Sitter			
Pet Sitter			
Clothing			
Hair Salon/Barber			
Other Salon			
Dry Cleaning			
Vacation 1			
Vacation 2			
Subscriptions (Netflix etc)			
Charitable Donations			
Church Tithing			
Other			
Other			
Other			
<b>Total</b>			

Other	Current Monthly	Current Annually	Goal or Notes
<b>Total</b>			

Sub totals	Current Monthly	Current Annually	Goal or Notes
HOME			
SAVINGS			
TRANSPORTATION			
HEALTH			
CREDIT BALANCE			
PERSONAL			
OTHER			
OTHER			
<b>Grand Total</b>			

<b>MONTHLY HOUSEHOLD INCOME</b>		<b>MONTHLY LIABILITIES</b>		<b>WHAT'S LEFT</b>			
	—		=				

<b>ANNUAL HOUSEHOLD INCOME</b>		<b>ANNUAL LIABILITIES</b>		<b>WHAT'S LEFT</b>			
	—		=				

