



EVERYDAY FINANCIAL SUCCESS:

SMART SPENDING AND BUDGETING

Mountain America uses a simple **why, what, how** model to get you started on your journey to financial security.



REMEMBER YOUR *WHY*

When making spending decisions, consider what is most important to you and aligns with your personal values. It's much easier to stick to an action plan focused on what matters most and what motivates you.

List your top four values.

- 1.
- 2.
- 3.
- 4.

What are the most important things you spend money on?

How can you better align your spending with your values?




What could be the most significant benefit you experience by following a plan?



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DETERMINE WHAT YOU WANT TO ACCOMPLISH

You are more likely to achieve goals that are detailed and written down. Use the **S.M.A.R.T. goals** formula to set one short-term or mid-term goal and one long-term goal. Keep your written goals in a place where you will see them often.

 S Specific G	 M Measurable O	 A Achievable A	 R Relevant L	 T Time bound S
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Short-term or mid-term S.M.A.R.T. goal

Long-term S.M.A.R.T. goal

What barriers could get in the way of meeting these goals?

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HOW WILL YOU ACHIEVE YOUR GOALS

List the actions you will take to achieve your goals. Commit to a time frame for staying on track.

Task

Time frame

WHO WILL YOU INVOLVE IN YOUR PLAN

An accountability partner can have a significant impact on whether or not you succeed in achieving your goals. Accountability partners can be friends, family members, co-workers—anyone who will provide support and encouragement to help you stay motivated.

Who is going to help you stay accountable to your plan?

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CREATE YOUR SMART SPENDING AND BUDGETING PLAN

Review and complete each section to create a monthly spending plan. If you are unsure of an amount, use existing data to make your best estimate. Leave items blank if they do not apply.

My Monthly Income

	DATE	AMOUNT
Paychecks		
Secondary income		
Other income		
TOTAL MONTHLY INCOME		

My Monthly Expenses

HOUSING	DATE	AMOUNT
Rent or mortgage		
Electricity		
Gas		
Internet		
Phones		
Water, sewer and garbage		
Television/streaming services		
HOUSING SUBTOTAL		

PERSONAL AND FAMILY	DATE	AMOUNT
Clothing and shoes		
Pet care		
Sports/gym membership		
Kids (e.g., supplies, activities, toys)		
Childcare (e.g., daycare, babysitting)		
Shopping (e.g., cosmetics, non-essential personal care)		
Hobbies		
PERSONAL AND FAMILY SUBTOTAL		

AUTO/TRANSPORTATION	DATE	AMOUNT
Insurance		
Car payments		
Fuel		
Car maintenance		
Public transportation		
Annual registration		
AUTO/TRANSPORTATION SUBTOTAL		

HEALTH	DATE	AMOUNT
Prescriptions		
Insurance premiums		
Dental		
HEALTH SUBTOTAL		

FOOD	DATE	AMOUNT
Groceries/household supplies		
Restaurants/fast food		
FOOD SUBTOTAL		

EDUCATION	DATE	AMOUNT
Student loans		
Books and supplies		
Tuition		
EDUCATION SUBTOTAL		

ENTERTAINMENT	DATE	AMOUNT
Amusement (e.g., theme parks, movies)		
Media subscriptions		
ENTERTAINMENT SUBTOTAL		

PAYMENTS/DONATIONS	DATE	AMOUNT
Credit cards		
Travel/vacation savings		
Investments/retirement savings		
Savings/emergency fund		
Charity		
Gifts		
PAYMENTS/DONATIONS SUBTOTAL		

OTHER	DATE	AMOUNT
OTHER SUBTOTAL		

Total monthly income

Total monthly expenses

Budget surplus or deficit

