

YOUR MONTHLY BUDGET AND DISCRETIONARY SPENDING WORKSHEET

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IF YOU'RE ON fairly good terms with your finances, you can use this worksheet as a stand-alone exercise. But if you feel a sense of anxiety about your finances—that “out of control” feeling—then I recommend you do this money exercise in conjunction with the information in my e-book, *Budgeting Made Simple* (right). The e-book can be purchased by visiting writersmuse.biz and clicking on the same e-book cover about half-way down the page.



PRINT THIS WORKSHEET AND FILL IT OUT BY HAND. Be prepared to do it twice if it gets messy. Double-check your figures every time you add up a column. With your finances, get in the habit of adding every column at least twice. Adding mistakes can be disastrous, especially if you base your spending plans on them!

Even if you use a calculator, check everything twice. You'll be glad you did. 😊

INCOME

YOUR MONTHLY SALARY (OR PAYCHECKS X 4)	\$
YOUR SPOUSE'S SALARY (OR PAYCHECKS X 4)	\$
SMALL BUSINESS INCOME	\$
RENTAL INCOME	\$
PENSIONS OR OTHER BENEFITS	\$
OTHER INCOME	\$
OTHER INCOME	\$ _____
TOTAL INCOME	_____

DATE DUE	BILL OR EXPENSE	AMOUNT
_____	MORTGAGE OR RENT	\$
_____	HOMEOWNER'S OR RENTER'S INSUR	\$
_____	PROPERTY TAX (MONTHLY SAVINGS)	\$
_____	LIFE INSURANCE	\$
_____	VEHICLE PAYMENT #1	\$
_____	VEHICLE PAYMENT #2	\$
_____	VEHICLE INSURANCE	\$
_____	HOME TELEPHONE BILL	\$
_____	CELL PHONE BILL	\$
_____	INTERNET ACCESS	\$
_____	YOURWEBSITE.com FEES (IF RELEVANT)	\$
_____	ELECTRIC BILL	\$
_____	GAS OR OTHER UTILITY	\$
_____	STORAGE RENTAL	\$
_____	NETFLIX (OR APPROX. DVD RENTALS)	\$
_____	CREDIT CARD	\$
_____	CREDIT CARD	\$
_____	CREDIT CARD	\$
_____	STORE ACCOUNT	\$
_____	STORE ACCOUNT	\$
_____	DEBT SETTLEMENT PYMTS (IF ANY)	\$
_____	PERSONAL I.O.U. PYMTS (IF ANY)	\$
_____	OTHER	\$
_____	OTHER	\$
_____	OTHER	\$
_____	OTHER	\$
_____	OTHER	\$
_____	OTHER	\$ _____
	TOTAL OUTGOINGS	_____

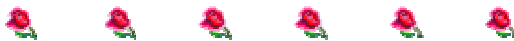
(A) TOTAL INCOME FROM FIRST PAGE \$ _____
(B) TOTAL OUTGOINGS FROM PREV. PAGE \$ _____

DEDUCT B FROM A AND WRITE TOTAL HERE \$ _____

CONGRATULATIONS! You now understand how much you have left over each month to spend on groceries, restaurants, entertainment, clothes and fulfilling your own desires and those of your family. If you also decide to stash away a regular amount for savings, you immediately go to the head of your class.

I've included groceries under discretionary spending not because I see groceries as optional (..... "Oh, good. She had me worried there." 🤪). I do so because the cost of groceries can fluctuate quite a bit depending on the needs of your household. For instance, some weeks you may decide to eat out more often, thus you might decide to spend less on groceries. The great thing is, ***now you know***. By having all your expenses listed, and a bottom line figure, you will know whether you can afford that \$200 grocery bill (the one where you throw in all the extra stuff because you feel like baking up a storm this weekend). The same principle applies to all other discretionary spending, including whether or not you can afford to invest in more writing books, a writing course, or a personal coaching program for your writing such as Writers' Muse (www.writersmuse.biz).

If your results were dismal and you're now in complete shock at your bottom line, I recommend you try my e-book, ***Budgeting Made Simple***. For an investment of \$4.95, you'll gain a deeper understanding of why your finances are out of control, and what you can do to remedy the situation.



BEST OF LUCK WITH YOUR NEWFOUND FINANCIAL SAVVY! — Milli

PS. Please feel free to share this worksheet with your family & friends