

Budgeting and Personal Finances

Use this worksheet to participate in budgeting and setting goals for managing your monthly finances.

My Goals

Some ways I would like to participate in my personal finances are:

I would like to:

- Learn how to prepare a monthly budget
- Learn how to write checks and balance my account
- Work together with a loved one or member of my treatment team on my monthly finances

Learn to manage my personal finances myself in:

- 3 months 6 months 1 year

Learning how to budget can help me to:

My biggest concern about learning to manage my finances is:

Some of my financial goals are:

- Getting a job/earning money
- Opening a bank account of my own
- Learning how to pay my bills with checks or using online bill pay
- Saving to buy something special for me/a gift for someone

name of item: _____ cost: _____

name of item: _____ cost: _____

name of item: _____ cost: _____

Preparing a Budget

A budget is an important tool to help you manage your finances. It is a guide that shows what money you plan on spending to cover your expenses and where that money will come from. The two main parts of a budget are your income and your expenses. (See chart on back).

Budgeting and Personal Finances

My Monthly Budget

Income		Expenses	
Employment Wages	\$	Rent	\$
Disability Insurance	\$	Food	\$
Social Security Supplemental	\$	Phone	\$
Family Allowance	\$	Electric	\$
Other:	\$	Cable TV	\$
Other:	\$	Transportation	\$
Other:	\$	Medications	\$
		Clothing	\$
		Entertainment	\$
		Other:	\$
		Other:	\$
		Other:	\$
Total Income	\$	Total Expenses	\$

My Monthly Income and Expenses

My Monthly Income Is \$ _____
MINUS
 My Total Monthly Expenses Are \$ _____
 Remaining Money/Deficit +/- \$ _____

Sample Check

John Doe
 99 Lark Lane
 Jonesville, NY 66775

write date here
1/31/15

check # **151**

name of person or company here

Pay to the order of Electric Company amount here \$100

One hundred and 00/100

amount here

For electric bill John Doe
 write reason for check sign here

For more information and free recovery resources, visit
www.ChoicesInRecovery.com