



Money Savers Exercise

Do your spending habits make your dreams come true?

Your Name _____ Date _____

When we want something, sometimes we don't believe that we have the money for it. We may be surprised to discover that we actually do have the money.

When we spend money unconsciously, we don't receive lasting value from our purchases. We could be directing "wasted" money towards manifesting our dreams.

Read the example below, and then list your expenses in the blank form below the example. Play with the numbers and decide how much money you want to save to make your dreams come true. Decide if you want to change your spending habits.

Do you have records of your spending so you can accurately fill in the blanks? If so, great. If you have not been recording your expenses, you can use estimates. Note: There may be a large gap between your estimates and actual expenditures. That's why it is important to keep accurate records. Carry a small notebook and begin recording everything including cash for one month. It's best to keep yearly records so you have an accurate average of monthly expenses. You can use an excel spreadsheet or a software program.

You'll feel more secure and confident when you make decisions aligned with your core values.

~ continued ~

Example

Discretionary Spending Items	Current Monthly Expense	Changes I want to make	New Monthly Expense
Lunch 5 times a week x \$6.00 = \$30 per week x 4.3 weeks a month	\$129	Eat out 1x week + bring lunch	\$40
Two alcoholic drinks/week @ \$7.00 ea.= \$14 x 4.3 weeks per month	60	Delete drinks out	0
Latte or snack equivalent: \$3.50 @ 5x per week x 4.3 weeks	75	Bring snacks to work	20
Two dinners out per week @ \$20 each = \$40 x 4.3 weeks per month	172	Dinner out 2 times/month	40
Entertainment: 2 movies per month @ \$15.00 each. Concerts. Plays.	30	1 movie per month	15
Clothes, handbags or other items that you really don't need	75	Reduce shopping	40
Manicure, pedicure	40	Paint your own nails	0
Entertainment: Internet movies, cable, satellite TV, Sirius Radio	110	Entertainment	30
Cell phone options that are not needed (video games, etc.)	10	Reduce cell phone options	5
Misc.: Personal items, cosmetics, candles, household items	40	Personal & household items	20
Gifts: birthdays and special occasions (The average American spends \$639 in December for the holidays.)	85	Reduce gift spending by making special gifts	55
Bank charges. Non-sufficient funds charges. Credit card charges.	20	Pay bills on time.	0
Habits & hobbies: cigarettes, dating, flowers, travel, girls' night out	154	Habits and hobbies	100
Total expenses	\$1,000		\$365
Total savings	xxx		Save \$635

Now it's your turn. Complete the form below.

Discretionary Spending Items	Current Monthly Expense	Changes I want to make	New Monthly Expense
Lunch out			
Alcoholic drinks			
Latte or snacks			
Dinners out			
Entertainment: Internet movies, concerts, plays			
Clothes, handbags or other items that you really don't need			
Manicure, pedicure			
Entertainment: Internet movies, Cable, satellite TV, Sirius Radio			
Cell phone options that are not needed (video games, etc.)			
Misc.: Personal items, Cosmetics, candles, household items			
Gifts: birthdays, holidays, special occasions (The average American spends \$639 in December for the holidays)			
Bank charges. Non-sufficient funds charges. Credit card charges.			
Habits & hobbies: cigarettes, dating, flowers, travel, girls night out			
Total Expenses	\$		\$
Total Savings	xxx		Save \$

What's the definition of insanity? Doing the same things expecting to get different results.