

money with purpose

DEVELOPING A PERSONAL SPENDING & SAVING PLAN



Like exercise, diet, and a host of other personal management techniques, the benefits of having a formal spending and saving plan are as critical to your physical and mental health as moving your body and being mindful about what you put into it.

Studies show that financial stress can affect your quality of life and cause physical symptoms you can't ignore, like headaches, insomnia, and anxiety. Sometimes these warnings lead to more severe health complications like heart attack and stroke. According to the American Psychological Association's latest Stress in America survey, 72 percent of Americans reported feeling stressed about money sometime in the last month. For many people, especially women, money stress is related to work stress, debt, or toxic environments and people. The more controls you put into place to help you cope, the sooner you can establish a healthy relationship with money and a healthy cycle of spending and saving.

Acknowledging that money is the foundation of our financial lives, and the key to fulfilling our financial dreams & goals is the first step toward Designing a Personal Spending & Saving Plan. You need money to:

- Buy a new or larger home
- Save for college
- Start your own business
- Build an emergency fund
- Save for retirement

At Money Moods, we explore dominant spending tendencies in females, including Spontaneous, Dreamy, Guarded, Generous, and Passive. Once we understand why and how your dominant spending habit affects your decision-making, we apply guard rails and accountabilities to help modify it. While developing a new spending and saving plan, we also focus on helping you embrace the full prism of Money Moods.

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Developing a Personal Spending and Saving Plan

1. Start with Your Goals

Write them down and be specific, like I want to pay off \$5,000 in credit card debt in 18 months.

2. Know Your Income

Look at your recent stub and get clear on your net income.

3. Total Your Monthly Expenses

Make a list of everything you spend, including car insurance, doctor visits, manicures, gas, food, and more. Look through your bank and credit card statements for subscriptions and other easy-to-forget expenses.

4. Create a Realistic Budget

Monthly income – living expenses – financial goals = what's left over

5. Revisit Your Goals and Expenses

Prioritize essential items like mortgage, rent, utilities, and food. Eliminate unnecessary expenses. Set a realistic period for meeting your goals. Find a way to increase your income.

6. Stay Connected

Financial journeys are rarely won when you go it alone. Women have more success achieving their money goals when they connect with other females on the same path. There is a lot to be said for sharing and encouraging others.

Money Moods offers three ways to climb the money mountain together:

Milestoners Night

First Tuesday of the Month

5pm–7pm

Location changes monthly

Celebrate achieving your money milestones with others.

Women, Wealth & Wine

Second Tuesday of Every Other Month - Check our Calendar

5pm–6:30pm

The Harbour Club

Enjoy casual conversations about money goals, tips, and recommendations.

Virtual Workshops

Third Thursday of the Month

1pm–1:45pm

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Four Ways to Move Forward Now in Your Forward-Focused Financial Journey

1. **Build an Emergency Fund**

Save 3-6 months of living expenses in case of emergency and keep the savings in a separate account with zero penalties for withdrawal and interest earnings on the balance. Nineteen percent of Americans have 3-5 months of expenses in an emergency fund.

2. **Pay Yourself First**

Put your income into an IRA or employer-sponsored retirement account.

3. **Stop Eating Out So Much**

Limit lunches and dinners by planning weekly meals, sticking to a grocery list, and eating leftovers for lunch.

4. **Find Cheaper Gas & Entertainment**

Save on gas using an app like Gas Buddy; save on entertainment with Living Social or Groupon and get better concert deals with Ticketmaster or Live Nation.

Other nuggets of wisdom for improving spending habits and creating your Money Moods prism include:

- Buy generic rather than name-brand products.
- Use ATMs native to your bank rather than out of network.
- Save more for retirement or other savings goals and stop playing the lottery.
- Avoid low-priced apps for free ones and be mindful about in-app purchases.
- Start shopping with an accountability buddy to keep impulsive spending at bay.
- Pay as you go; avoid running a tab.
- Tell your money where to go instead of wondering where it went with a Money App.

Goal tracking increases the likelihood of achieving your financial goals, and it's easier than ever with online tools that help you view account balances and track spending anytime, anywhere. Once you've developed a spending and saving plan, evaluate your budget and progress monthly. If you don't follow it regularly, you won't know where to stop spending, such as on food or clothes, and where your savings are growing.

Living your best life, free from financial stress, starts with taking the first step toward gaining control of your financial future. Whether you're married, single, parenting, or caring for parents, relying on others to create economic stability deprives you of the knowledge and independence you deserve.

Give purpose to your money and freedom to your life by getting in the Mood to Talk Money.

