

Money on the Mind

Money Habits

Managing Your Money



Money Habits

Learning Objectives

What you will learn about:

- The elements of financial well-being
- How your money experiences and personal values affect how you manage your money
- Common money personality types
- Strategies for communicating with others about money

What you will be able to do:

- Maintain lessons and habits related to money that are helpful to you, and begin to leave behind the ones that are no longer helpful.
- Identify your financial personality type and strategies to make it work for you
- Make financial decisions based on your goals
- Communicate effectively about money and financial values

Financial Well-Being

Because people value different things, it can be tough to define what it means to be “financially healthy.” What might be an important measure to one person – say income – might not be what another person considers most important. However, in order to know how to “get there” we need to know what the “where” is!

The Consumer Financial Protection Bureau (CFPB) – an independent agency of the United States government launched in 2011 to protect consumers in the financial sector - talked to people across the country to find out what financial wellbeing looks like to them. Here is what they found were commonly shared ideas about what makes us financial health:

	Present	Future
Security	Control over your day-to-day, month-to-month finances	Capacity to absorb a financial shock
Freedom of Choice	Financial freedom to make choices to enjoy life	On track to meet your financial goals

Money Personality Types

It is a good idea to get a clear picture of the way you use money, so you can decide if you need to adjust to achieve your goals. The “Money Personalities” below show how different people relate to money.

Security Seeker	Spontaneous	Carefree Spirit
<ul style="list-style-type: none"> • Cautious, planned lifestyle • Does without if needed • Saves rather than spends • Buys what is cheaper rather than what is wanted • Avoids events that cost money • Doesn't share expenses • Prefers practical gifts 	<ul style="list-style-type: none"> • Have trouble saying “no” to anything interesting • Over commits • Have difficulty following through and managing time • Enthusiasm and comfort with risk taking can be either empowering or overwhelming 	<ul style="list-style-type: none"> • Happily spends money on things that make life easier and happier • Shares money and possessions with others • Open to new experiences • Accepts (and maybe expects) money and support from others • Avoids closure – leaves things open to possibilities
Status Seeker	Targeted Planner	Selfless Giver
<ul style="list-style-type: none"> • Generous and impressive person to be around • Easily influenced by those you want to impress • Pays for others, gives expensive gifts • Donates without regard to the limits of finances • May confuse giving a gift with resolving an issue • Trouble being resilient in tough times – it's too tough to do what needs to be done • Maintains “all is well” image 	<ul style="list-style-type: none"> • Maintains new and old relationships • Plans charitable giving • Separates needs and wants • Can set priorities and say “no” • Likes to make a good impression but isn't driven to impress people • Has the emotional and financial resources to be handle unexpected events • May have little patience with others who don't plan or take responsibility for their lives. 	<ul style="list-style-type: none"> • Self-sacrificing and charitable person with strong beliefs • Needs to be the “martyr” and put everyone else's needs first • Can easily be taken advantage of • Luxury and “non-necessity” items are judged harshly • May expect to be “taken care of” by family in the future • Shies away from material reward and gives credit and reward to others

Money Habits Resources

The public library has many books about healthy money habits. The following are just a few.

Your Money or Your Life: 9 Steps to Transforming your Relationship with Money and Achieving Financial Independence, by Vicky Robin and Joe Dominquez, 2008.

Financial Recovery: Developing a Healthy Relationship with Money, by Karen McCall, 2011.

The Soul of Money: Reclaiming the Wealth of our Inner Resources, by Lynne Twist, 2006.

The Heart of Money: A Couple's Guide to Creating True Financial Intimacy, by Deborah Price, 2012.

Compulsive spending resources:

<http://www.goodtherapy.org/therapy-for-compulsive-shopping.html> – a website with information on a variety of money management issues including compulsive spending. Also includes a function to search for a local counselor to help.

Gambling addiction resources:

Treatment and counseling services are available free to any Oregon resident who has problems related to gambling, either as a problem gambler or as a family member or friend of a problem gambler.

Free, confidential help is available at the **Problem Gambling Helpline: 1-877-695-4648**

Gamblers Anonymous has groups in a number of places in Oregon. Visit their website to find meeting locations <http://www.gamblersanonymous.org/ga/locations>

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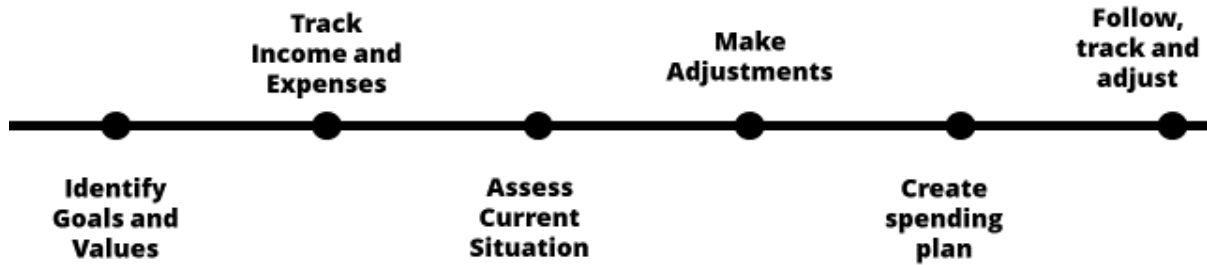
What you will learn about:

- The elements of creating a spending plan
- Assessing your cash flow situation
- How to maximize income and reduce spending
- Ways to track your spending

What you will be able to do:

- Track where your money is coming from and going
- Analyze your bottom line after expenses are subtracted from your income
- Adjust your financial habits to reach your goals
- Create a realistic spending plan
- Establish habits to manage your money for the long-term
- Make a plan to build your savings

Understand the Steps for Creating a Spending Plan



Monthly Income Worksheet

Figure Your Monthly Income

Your weekly pay \$ _____ X 52 ÷ 12 \$ _____
(take-home pay) (monthly income)

or

Your twice-a-month pay \$ _____ X 2 \$ _____
(take-home pay) (monthly income)

Your Monthly Take-home Pay \$ _____

Figure Other Household Members' Monthly Income

Weekly pay \$ _____ X 52 ÷ 12 \$ _____
(take-home pay) (monthly income)

or

Twice-a-month pay \$ _____ X 2 \$ _____
(take-home pay) (monthly income)

Other Household Members' Take-home Pay \$ _____

Other Monthly Income

Second job \$ _____

Regular overtime \$ _____

Public assistance \$ _____

Child support \$ _____

Pension \$ _____

Social Security \$ _____

Other \$ _____

Total Other Monthly Income \$ _____

Total Net Monthly Income \$ _____

MONTHLY BUDGET



Name: <input style="width: 90%;" type="text"/>		Date: <input style="width: 90%;" type="text"/>	
Housing		Donations	
Rent or Mortgage #1		Charity/Tithes/Offerings	
Rent or Mortgage #2		Education	
Heating (gas or oil)		Student Loan Payments	
Electricity		Tuition or Lessons	
Water & Sewer (/3 mos)		Books, Newspapers, Magazines	
Telephones (land line)		Other	
Cell Phone		Personal	
Homeowners Insurance (if separate)		Barber or beauty shop	
Property Taxes (if separate)		Toiletries, Laundry, or Dry Cleaning	
Trash Service		Clothing	
Other		Tobacco products	
Other		Beer, wine or liquor	
Transportation		Other	
Gas		Entertainment	
Car payment #1		Movies, sporting events, concerts	
Car payment #2		Video rentals or purchases	
Car insurance		Internet service	
Public transportation		Cable/satellite/Streaming TV	
Repairs, Maintenance		Gambling and lottery tickets	
Other		Memberships or dues	
Food		Other	
Groceries		Miscellaneous	
School or Work Meals		Checking account fees	
Restaurants and take-out meals		Pet care and supplies	
Other		Postage or office supplies	
Insurance		Other	
Health <i>(medical/dental if not payroll deducted)</i>		Debts	
Life Policy		Credit card #1 (monthly minimum)	
Disability		Credit card #2 (monthly minimum)	
Other/Renters		Credit card #3 (monthly minimum)	
Medical		Credit card #4 (monthly minimum)	
Doctor		Credit card #5 (monthly minimum)	
Dentist		Credit card #6 (monthly minimum)	
Prescriptions		Personal loans	
Medical Bills <i>(only if currently paid)</i>		Debt consolidation program	
Other		Savings	
Childcare		Other	
Childcare or babysitters		Other	
Child support or alimony		Other	
Other		Other	
INCOME			
Income #1		Source:	
Income #2		Source:	
Income (SNAP, unemployment, Child Support etc.)		Source:	
Total Monthly Income			
EXPENSES			
Total Monthly Expenses	\$	<i>(total from above)</i>	
MONTHLY DIFFERENCE			

Assess Current Situation


Monthly Discretionary Income Worksheet 

Figure Your Discretionary Income	Extra Money Each Month
Total Monthly Income	\$ _____
Minus total regular monthly expenses	\$ _____
Discretionary income <i>(Balance available to spend or save)</i>	\$ _____

Managing Your Money Resources

Resources

HomeSource of NeighborImpact

Financial coaching is available for all individuals at no cost. Visit the NeighborImpact website to find out more.

<https://www.neighborimpact.org/homesource/>

Money Management Tools

Traditional

Pencil and Paper – track your income and expenses by hand

Envelope System – put each spending item into a different envelope to separate your spending. More info here: <https://www.daveramsey.com/blog/envelope-system-explained>

Desktop Accounting

Spreadsheet – same as pencil and paper, but tracked on a digital spreadsheet

Quickbooks – Business oriented accounting software that tracks income and expenses. Desktop and mobile available. Learn more at <https://quickbooks.intuit.com/>

You Need a Budget – Personal budgeting software that tracks income and expenses. Desktop and mobile available. Learn more here: <https://www.youneedabudget.com/>

Mobile Apps

Mint – Personal budgeting app that tracks your income and expenses. Desktop and mobile available. Learn more here: <https://www.mint.com/>

EveryDollar - Personal budgeting app that tracks your income and expenses. Desktop and mobile available. Learn more here: <https://www.everydollar.com/>

Spending Tracker – Personal budgeting app that does not collect your bank account information. Manually allows you to track income and expenses. Learn more by searching “Spending Tracker” on your app store.

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