LESSON 3
THE ART OF BUDGETING

What are your goals?

Directions: List some of your educational, social, financial, family, health/physical and recreational goals. In some categories you may have more than six goals; in others you may have fewer.

My educational goals include:
1. 
2. 
3. 
4. 
5. 
6. 

My social goals include:
1. 
2. 
3. 
4. 
5. 
6. 

My financial goals include:
1. 
2. 
3. 
4. 
5. 
6.
What are your goals? (continued)

My family goals include:
1. 
2. 
3. 
4. 
5. 
6. 

My health/physical goals include:
1. 
2. 
3. 
4. 
5. 
6. 

My recreational goals include:
1. 
2. 
3. 
4. 
5. 
6.
Working with your goals

What goals are the most important to you?

Choose the two goals from each category that are the most important to you. Identify each goal as short-term (1–4 weeks), medium-term (2–12 months) or long-term (1 year or longer).

1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.  
11.  
12.  

Prioritize your goals

List and prioritize six of your most important goals. After each goal, identify what you could be doing now to work toward the goal, and what resources (if any) you need to achieve each goal.

Goal #1

What can I be doing now to work toward this goal:

The resources I need to achieve this goal are:
Working with your goals (continued)

Goal #2

What can I be doing now to work toward this goal:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

The resources I need to achieve this goal are:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Goal #3

What can I be doing now to work toward this goal:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

The resources I need to achieve this goal are:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Goal #4

What can I be doing now to work toward this goal:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

The resources I need to achieve this goal are:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Working with your goals (continued)

Goal #5

What can I be doing now to work toward this goal:

The resources I need to achieve this goal are:

Goal #6

What can I be doing now to work toward this goal:

The resources I need to achieve this goal are:
Where does your money come from?

Directions: Answer these questions. Be prepared to discuss your answers in class.

1. List your current source(s) of income.

2. What do you expect to be your source(s) of income in the near future?

3. What are your feelings about being financially dependent vs. financially independent?
Where does your money go?

Directions: Keep a record of everything you spend during a 1-month period. Then, answer the questions below.

1. What patterns can you see in your spending habits?

2. How do you decide what to purchase?

3. What factors do you think influence your purchasing decisions?
## Setting up and maintaining a personal budget

**Directions:** Use this form to set up a personal budget. After you’ve completed your planning, try to stick to your budget for 1 month. At the end of the month, record your actual income and your actual expenses. Calculate the difference between what you thought you would earn and what you actually earned, and what you thought you would spend and what you actually spent.

<table>
<thead>
<tr>
<th>Income</th>
<th>Budget</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job #1</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Job #2</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Total monthly income</strong></td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Budget</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fixed regular expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rent</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Car insurance</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Car payment</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Job #1</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Fixed irregular expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savings</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Food</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Utilities</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Transportation</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bus fare</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Gas and oil</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Parking and tolls</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Repairs</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Clothing</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Entertainment</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Household items</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Personal items</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Tuition</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>School expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Total monthly expenses</strong></td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>
Rework a budget

Directions: Use one of the attached budget sheets to set up and maintain Gabrielle's budget. Then, use the other sheet to rework Gabrielle's budget into one that fits your personal lifestyle.

Her planned income and expenses

Gabrielle works part-time at a greeting card company and part-time at a record store. The net monthly income from her first job is $600. The net monthly income from her second job is $800.

Her planned fixed monthly expenses include:

- $200 for rent (she shares an apartment with two friends)
- $175 for car payment
- $220 for car insurance

Her planned flexible expenses include:

- $100 (to save for going to trade school)
- $150 for food
- $40 for gas and oil
- $50 for clothes
- $60 for entertainment
- $30 for personal items

How her month actually went

1. What she made:
   - Gabrielle made $45 in overtime pay this month

2. What she spent on fixed, regular expenses:
   - Rent went up to $225, starting this month
   - Her monthly car payment was $175
   - Her monthly car insurance premium, as of this month, went up to $295

3. What her flexible expenses actually were:
   - $190 for food (she had a dinner party for which she hadn’t budgeted)
   - $60 for gas and oil (her car needed an oil change)
   - $34 for parking and bridge tolls
   - $220 for car repairs
   - $80 for a new pair of running shoes
   - $70 for entertainment
   - $60 for personal items
   - $36 for a birthday present for her mother

4. Her unexpected expenses:
   - Gabrielle got two speeding tickets in 1 week. The total cost of both tickets is $230.
Rework a budget (continued)

How does her budget look now?

1. What is the difference between Gabrielle’s planned expenses and her actual expenses?

2. In what areas did she overspend?

3. In what areas did she spend less than she planned?

4. How much did she spend for the use of her car this month?

5. How much money did she have at the end of the month to put into savings?

If it were your budget...

1. Using the attached budget sheet, set up a budget for yourself. Use Gabrielle’s income as a starting point. Keep in mind your personal financial goals.

2. What did you change about the budget?

3. How much would you save each month to put toward your personal and financial goals?
Rework a budget (continued)

Gabrielle’s budget

<table>
<thead>
<tr>
<th>Income</th>
<th>Budget</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job #1</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Job #2</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Total monthly income</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Budget</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fixed regular expenses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rent</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Car insurance</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Car payment</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Job #1</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Fixed irregular expenses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savings</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Food</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Utilities</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bus fare</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Gas and oil</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Parking and tolls</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Repairs</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Clothing</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Entertainment</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Household items</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Personal items</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Tuition</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>School expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Total monthly expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>
Rework a budget (continued)

If it were your budget...

<table>
<thead>
<tr>
<th>Income</th>
<th>Budget</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job #1</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Job #2</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Total monthly income</strong></td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Budget</th>
<th>Actual</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fixed regular expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rent</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Car insurance</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Car payment</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Job #1</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Fixed irregular expenses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savings</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Food</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Utilities</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Transportation</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bus fare</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Gas and oil</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Parking and tolls</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Repairs</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medical expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Clothing</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Entertainment</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Household items</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Personal items</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Tuition</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>School expenses</td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td><strong>Total monthly expenses</strong></td>
<td>$</td>
<td>$</td>
<td>$</td>
</tr>
</tbody>
</table>
Lesson 3 quiz: The art of budgeting

True/False

1. _______ The budgeting process starts with monitoring current spending.
2. _______ Most short-term goals are based on activities over the next 2 or 3 years.
3. _______ A common long-term goal may involve parents of a newborn child saving for college.
4. _______ Rent is considered a fixed expense.
5. _______ Flexible expenses stay about the same each month.

Multiple Choice

6. The first phase of the career planning process is to:
   A. set personal and financial goals.
   B. compare your budget to what you have actually spent.
   C. review financial progress.
   D. monitor current spending patterns.

9. An example of a fixed expense is:
   A. clothing.
   B. auto insurance.
   C. an electric bill.
   D. educational expenses.

10. _______ is commonly considered a flexible expense.
    A. Rent
    B. A mortgage payment
    C. Home insurance
    D. Entertainment

8. A clearly written financial goal would be:
   A. “To save money for college for the next 5 years.”
   B. “To pay off credit card bills in 12 months.”
   C. “To invest in an international mutual fund for retirement.”
   D. “To establish an emergency fund of $4,000 in 18 months.”

---

Equitable is currently the brand name of Equitable Holdings, Inc. and its family of companies, including AXA Equitable Life Insurance Company (AXA Equitable) (NY, NY)/MONY Life Insurance Company of America (MLOA), an AZ stock company headquartered in Jersey City, NJ; AXA Advisors, LLC (member FINRA, SIPC); and AXA Distributors, LLC.

© 2020 Equitable Holdings, Inc. All rights reserved. GE-2706205 (9/19) (Exp. 9/21) | GB48752
Lesson 3 quiz: The art of budgeting

True/False

1. _____ The budgeting process starts with monitoring current spending.
2. _____ Most short-term goals are based on activities over the next 2 or 3 years.
3. _____ A common long-term goal may involve parents of a newborn child saving for college.
4. _____ Rent is considered a fixed expense.
5. _____ Flexible expenses stay about the same each month.

Multiple Choice

6. The first phase of the career planning process is to:
   A. set personal and financial goals.
   B. compare your budget to what you have actually spent.
   C. review financial progress.
   D. monitor current spending patterns.

7. An example of a long-term goal would be:
   A. an annual vacation
   B. saving for retirement
   C. buying a used car
   D. completing college within the next 6 months

8. A clearly written financial goal would be:
   A. “To save money for college for the next 5 years.”
   B. “To pay off credit card bills in 12 months.”
   C. “To invest in an international mutual fund for retirement.”
   D. “To establish an emergency fund of $4,000 in 18 months.”

9. An example of a fixed expense is:
   A. clothing.
   B. auto insurance.
   C. an electric bill.
   D. educational expenses.

10. _______ is commonly considered a flexible expense.
    A. Rent
    B. A mortgage payment
    C. Home insurance
    D. Entertainment
Group Activity

Separate into multiple teams. Each team is given 5 minutes to select favorite foods they would buy to sustain three meals (can be breakfast, lunch and dinner or three dinners) for 1 month. After selecting, each team visits an online grocery store (Walmart.com, Amazon.com, etc.) to purchase their favorite food (only one online store is permitted, meaning you cannot shop at multiple stores). Each team writes down the total dollars spent for 1 month.

Afterwards, teams swap their monthly spending with another team. Each team is now tasked with providing alternative solutions for the other team, reducing their monthly expenses. The team with the most reasonable cost savings, wins.

1. What patterns can you see in your spending habits?