

## BUDGETING TO SURVIVE THE RECESSION

Some people think budgets are old-fashioned, but there's really no better way to gain control of your money and work toward your goals. By taking time to find how you're spending your money, and comparing that spending to your income, you may be better able to organize all those monthly bills. You may also find ways to cut spending and increase saving — for example, eating out less often.

A great way to start budgeting is to write down every penny you spend for a full month, and then enter it into a chart like the one below. That way, you'll have an accurate picture of how you use money. If you're spending more than you take in, look for places where you can cut back.

<b>EXPENSES</b>					
Rent/Mortgage:		Daycare:		Doctor Bills:	
Insurance:		Camps:		Dental:	
Property Taxes:		Kids Lunches:		Eye Care:	
Gas:		Team Fees:		Repairs:	
Electric:		School Photos:		Gifts/Cards:	
Phone:		Allowances:		Cleaning Supply:	
Cable:		Office Supplies:		Clothing:	
Water:		Bank Fees:		Barber:	
Trash:		Credit Cards:		Nails:	
Sewer:		Bank Loans:		Pet Care:	
Internet:		Auto Loans:		Magazines:	
Cell Phone:		Auto Gas:		Newspaper:	
Groceries:		Auto Insurance:		Health Ins:	
Eating Out:		Tires/oil/maint:		Life Ins:	
Pocket Cash:		Tolls:			
<b>Total Expenses:</b>					
<b>INCOME</b>					
Wages & Salary:		Business Income:		Child Support:	
Rental Income:		Pension:		Alimony:	
Invstmnt/Intrst:					
<b>Total Income:</b>					