



# Breaking the Paycheck to Paycheck Cycle



# Seminar Objectives



- Money Management Strategies
  - Identify your monthly budget items – both fixed and variable
- Creating a Budget
  - Design a budget to help manage your spending and work to eliminate debt
- Budget Action Planning
  - Learn how to make smart spending decisions

# Breaking the Cycle Trap



- Why some people don't succeed financially:



# Money Management Strategies



**Know where your money is going BEFORE your paycheck comes. Have a budget PLAN!**



**Look at short term needs and plan for long-term needs and wants.**



**Create an emergency fund for those ‘hiccup’ times.**



**Invest in your future – Retirement.**

# Creating a Budget



Let's start with an activity to see how we track our spending and how we create a budget.

**Tip:** Carry a small notebook or make a note on your phone to help you remember what you've spent each day, then update your tracking sheet. Then, you can point out areas where you can reduce spending so you can put that money where it really needs to go; like towards debt or savings.

Sample Tracking Sheet											
	January					February					
	w1	w2	w3	w4	Total	w1	w2	w3	w4	Total	
Mortgage/Rent					0					0	
Car Loan					0					0	
Student Loan					0					0	
Credit Card 1					0					0	
Credit Card 2					0					0	
Daycare					0					0	
Food					0					0	
Electric & Gas					0					0	
Cell Phone					0					0	
Home Phone					0					0	
Internet/Cable					0					0	
Water					0					0	
Gym					0					0	
Car Gas/Tolls					0					0	
Car Insurance					0					0	
Car Maintenance					0					0	
House/Apt											
Maintenance					0					0	
Savings					0					0	
Medical/Dental					0					0	
Clothes/Shoes					0					0	
Entertainment					0					0	
Charity/Donations					0					0	
Gifts					0					0	
Hair Cuts					0					0	
Miscellaneous					0					0	
January Total =					0	February Total =					0
Budget =					0	Budget =					0

# Expenses > Income?



- Eliminate unnecessary expenses
- Adjust spending as needed
- Seek out new sources of income



# Budget Action Planning



- Step 1: List your sources of income
- Step 2: Track your expenses
- Step 3: Find out if you Saved or Overspent
- Step 4: Evaluate your financial situation
- Step 5: Review your budget regularly

Please take a Budget Action Planning worksheet home with you as "homework"!

# Resources



## Websites

- TD Bank Finance 101:  
[www.tdbank.com/financialeducation](http://www.tdbank.com/financialeducation)
- Free Credit Report:  
[www.annualcreditreport.com](http://www.annualcreditreport.com)
- Suze Orman:  
[www.suzeorman.com](http://www.suzeorman.com)

## Books

- Beyond Paycheck to Paycheck by Michael Rubin
- Financial Peace University by Dave Ramsey

# Questions?



[www.tdbank.com/financialeducation](http://www.tdbank.com/financialeducation)

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