Money Boot Camp

Part 1 - Find out where you stand

**Step 1 - Taking Stock/Self Assessment**

1. Do the exercise called [Taking Stock](https://www.moneymattersdonegal.com/taking-stock-of-your-money#gsc.tab=0) – this will give you an idea of **where you stand and what your priorities might be**
2. Do the exercise [Self Assessment](https://www.moneymattersdonegal.com/a-quick-self-assessment#gsc.tab=0) – this looks at the **essential skills that you need to have when managing money**
3. At this stage, you will probably have thoughts of where you would like to be regarding your Money Management. Its good to have specific, measurable, achievable, realistic and time bound targets (**SMART Targets**). This [exercise](https://www.moneymattersdonegal.com/smart-planning#gsc.tab=0) helps you make sure that your targets are SMART.

**Step 2 – Take A Look At Your Income and Expenditure (Budgeting)**

1. Looking at your income and expenditure is a big enough exercise, so its realistic to **reflect on its benefits**. [Have a look at this page](https://www.moneymattersdonegal.com/to-budget-or-not#gsc.tab=0) to reflect on the many benefits of budgeting over not budgeting.
2. **Create a budget** to see if you are living within your means. You could use this [Budget Planner](https://assets.zyrosite.com/YX4XblJMjGulvnnw/budget-spreadsheet-Y4L4Kw7zjgslwQ6l.xlsx). There are [other Budget Planners](https://www.moneymattersdonegal.com/budget-tools#gsc.tab=0) available (from MABS and CCPC).
3. A Budget is **something that you do and review regularly**. You’ll be able to see the progress you make and you’ll be able to take the steps you need to take before serious problems occur. [Click here](https://www.moneymattersdonegal.com/review-against-budget#gsc.tab=0) to see how this is done
4. The process of budgeting might **make you revisit your goals**. It might make you change them or improve them.
5. Are there any ‘**red flags**’ to suggest that you need to adjust your budget?
6. You might feel that you need additional **Specialist Support**. [Click here](https://www.moneymattersdonegal.com/support-organisations#gsc.tab=0) to find out about the range of organisations that provide support locally. Sometimes money issues can arise as a result of other issues (or they can lead to other issues) – [click here](https://www.moneymattersdonegal.com/support-organisations#gsc.tab=0) and [here](https://www.moneymattersdonegal.com/some-useful-helplines-and-supports#gsc.tab=0) for more information on other support organisations. Also, [Prosper Canada](https://prospercanada.org/) is another organisation with good supports and [resources](https://www.moneymattersdonegal.com/prosper-canada-resources#gsc.tab=0) that will be useful.
7. You might identify your situation with a range of **Money Management Scenarios**. [Click here](https://www.moneymattersdonegal.com/some-common-money-issues-and-supports#gsc.tab=0) to look at some common issues that people face and appropriate supports and support organisations that might assist.
8. **Mental Health and Money Management are linked** and it will do no harm to explore the [Mini Site On Mental Health and Money Management](https://www.moneymattersdonegal.com/money-matters-and-mental-health#gsc.tab=0).

Part 2 - Look Up Pain Free Savings

Now that we have a set of money targets to reach, the first step is to look at savings that can be made with minimum effort. A lot of what is said here is common sense, but consider this:

* Its easy to get into a routine of not following all these savings
* The average person might be following 9 out of every 10 ideas – that means that there is 10% room for savings. Wouldn’t we all like to see our savings grow by 10%. Sometimes a lot more.

**Making Money/Reclaiming/Grants**

[Reclaim](https://www.moneymattersdonegal.com/reclaim) – are you reclaiming all that you can?

[Re-Turn](https://www.moneymattersdonegal.com/re-turn) – are you getting your deposits back (or are you throwing that money away)

[Boost Your Income](https://www.moneymattersdonegal.com/boost-your-income) – simple ideas to make extra Euro

[Energy Efficiency Assistance (Grants and Loans)](https://www.moneymattersdonegal.com/energy-efficiency-grants-and-loans) – see your utility bills shrink (at no/minimal cost)

[Go Green And Save Money](https://www.moneymattersdonegal.com/go-green-and-save-money) – ideas for saving money and the planet at the same time

**Money Saving Tips**

[19 Step Money Savings Plan](https://www.moneymattersdonegal.com/19-step-money-savings-plan) – a mini-financial boot camp

[15 Tips For Spending Less](https://www.moneymattersdonegal.com/15-tips-to-spend-less#gsc.tab=0) – ways to reduce your spending

[Moneysavers December 23](https://www.moneymattersdonegal.com/moneysavers-dec-23) – ways to reduce your spending

[Cut The Household Bills](https://www.moneymattersdonegal.com/cut-the-household-bills) – ways to reduce your utility bills

[Savings At Home](https://www.moneymattersdonegal.com/savings-at-home) – tips for money savings at home

[Alternative Heating](https://www.moneymattersdonegal.com/alternative-heating) – ways to reduce your heating bills

[Managing The Energy Bills](https://www.moneymattersdonegal.com/managing-the-energy-bill) – tips to help you stay on top of your energy bill

[Cut The Leccie Bill](https://www.moneymattersdonegal.com/cut-the-leccie-bill) – ways to reduce your energy bill

[Minimising the Energy Bill](https://www.moneymattersdonegal.com/minimising-the-energy-bill) – a short video with tips on minimising energy spending

[Getting The Most From Your Juice](https://www.moneymattersdonegal.com/getting-the-most-from-your-juice) – ways to reduce your petrol/diesel bills

[Broadband](https://www.moneymattersdonegal.com/broadband) – ways to reduce your broadband bill

[Stop The Spend](https://www.moneymattersdonegal.com/stop-the-spend) – tips to reduce your spending

[Get A Supermarket Savings Hit](https://www.moneymattersdonegal.com/get-a-supermarket-saving-hit) – ways to outsmart the supermarket

[Save money with Re-Turn](https://www.moneymattersdonegal.com/re-turn) – make the most of the Re-Turn scheme

[Tax Credits and Tax Relief](https://www.moneymattersdonegal.com/tax-credits-and-tax-relief) – make sure that you claim all of your Tax Credits

[Borrow More To Repay Les](https://www.moneymattersdonegal.com/borrow-more-to-repay-less)s – if you have to borrow, be strategic in your borrowing

[Saving Money By Reducing Food Waste](https://www.moneymattersdonegal.com/saving-by-reducing-food-waste) – ways to reduce your spending through better cooking/food management

[Use the Codema Energy Saving Kit](https://www.moneymattersdonegal.com/using-the-codema-energy-saving-kit) – an initiative aimed at helping people to become more energy efficient

[5 Questions Before You Spend](https://www.moneymattersdonegal.com/five-questions-before-you-spend) – take the impulse out of your spending

[Prosper Canada Savings Booklet](https://assets.zyrosite.com/YX4XblJMjGulvnnw/savings-booklet-Awv9lPRrPecKrpyb.pdf) - free download with great money saving ideas

[Low Cost Holiday Period Options](https://www.moneymattersdonegal.com/low-cost-holiday-options#gsc.tab=0) (some suggestions for making memories on a budget)

Part 3 - Look Up Ways To Boost Your Income

**Step 1 - Generate New Income**

There may be relatively low-effort ways of boosting income such as some casual work, reclaiming expenses, claiming additional benefits. This might bring the finances to a healthier state. There are a number of suggestions in the following article:

[Money Booster](https://moneymattersdonegal.com/boost-your-income)

Redo the budget planner with any additional income that you might have generated and any expenditure that you might have reduced.

**Step 2 – Are You Getting All The Benefits You Are Entitled To?**

The system of supports available is vast and complex. A good first step would be to look at the [section on Benefits](https://www.moneymattersdonegal.com/benefits#gsc.tab=0) which covers the following:

* Having A Contact Address
* Contacts For Support
* Jobseekers Payments
* Schemes
* Employer Incentives
* Health Assistance, Disability and Carers Payments
* When There Is Not A Benefit For Your Circumstances/Emergency Financial Assistance
* Housing Payments
* Assistance For People In Work
* Will Work Pay?
* Energy Efficiency Assistance
* Fuel Support
* Education/Training Support
* Redundancy Supports
* Appeals

**Part 4 - Consider Painful Savings**

This is where you need to make very difficult decisions. At this stage, it would be a good idea to consider professional assistance. There are a number of organisations who will assist you. Some are free (such as MABS), some charge a modest fee and there are also for-profit organisations that exist to help you work through a money crisis. Look at the [Ask For Help](https://moneymattersdonegal.com/ask-for-help) page for some options.