

The Art of Adulting:

MONTHLY BUDGET

#1 Adulting Tool

Make sure ALL sources of income are listed here.

INCOME	
Source	Amount
	\$
	\$
	\$
	\$
	\$
	\$
TOTAL	\$

Pro Tip:

Make a Savings Goal for the Year

Always budget savings into your expenses. Any part of your budget that's not spent should be extra savings.

Bills (like internet, hydro, rent) should each have their own line. This kind of expense doesn't usually change month to month.

Group smaller expenses like shampoo or an event ticket into categories like household, personal care, vehicle expenses, etc.

MONTHLY EXPENSES	
Description	Amount
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
TOTAL	\$

What if your expenses are higher than your income?

Even if your income is juuuust enough to cover your expenses, you need to make some changes. Living paycheck to paycheck is simply not sustainable. Even if you're going to school and have a plan to make more in the future, you need savings for when an unexpected cost arises - which it always does.

- See if you can reduce expenses. Start tracking everything. You'll be surprised how much gets spent needlessly when you look back on it.
- Call your providers to negotiate lower fees
- Look for other sources of income