

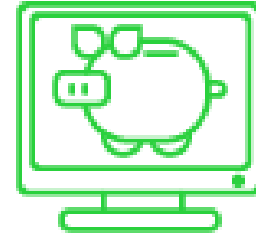
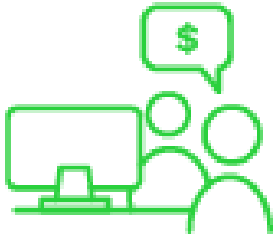
**Credit Counselling  
Society presents**

**Making Cents  
of Money:  
Budgeting 101**



**We Help. We Educate. We Give Hope.**

# We Help. We Educate. We Give Hope.



- **Credit Counselling**
- **Debt Solutions**
- **Education**

- **Non-profit**
- **Accredited**
- **Award-winning**

- **25+ years**
- **~ 1 million supported**
- **\$750+ million re-paid**

# Top Reasons for Financial Hardship

1. Unemployment / Underemployment
2. Excessive use of Credit or Using Credit for Living Expenses
3. Injury / Illness
4. No Budget / Lack of Financial Education
5. Separation / Divorce and Family Expenses
6. Failed Business/Used Credit for Business Expenses
7. High Housing Costs

# AGENDA

- 01** – Budgeting, Money Values & Goal Setting
- 02** - Expense Tracking
- 03** - Irregular, Emergency, and Savings Expenses
- 04** - Paycheque Planning

# OBJECTIVES

- 01** - Reflect on your money values & goals
- 02** - Learn how to achieve financial priorities
- 03** - Irregular, Emergency, and Savings Expenses
- 04** - Create and organize your savings

# What comes to mind when you hear the word: “budget”?

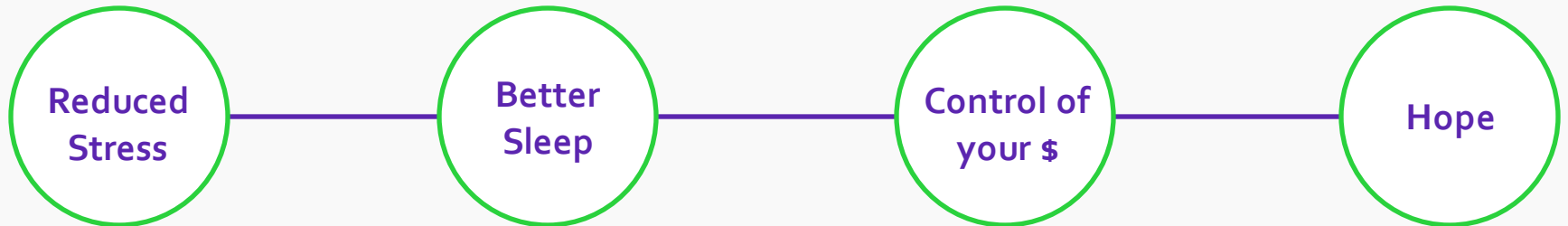


# What would using your budget to meet your priorities look like for you?



# | Being Better Means

Organize Money → Meet Priorities





# | Budget



- A written spending plan
- Spending now + saving to spend later
- Based on our priorities

# | Budgeting

---

**1**

**Take Home  
(Net) Pay**

**2**

**Monthly Living  
Expenses**

**3**

**Irregular  
Expenses**

**4**

**Emergency  
Expenses**

**5**

**Short Term  
Savings Goals**

**6**

**Longer Term  
Savings Goals**

# What does money mean to you?



# | Money Values

- Common money values:
  - Safety and Security
  - Freedom + Choices
  - Independence
  - Ability to give
  - Comfort
  - Adventure



# Goals guide your decisions and help you know how to spend your money



# | Setting Goals

**What**

**Cost**

**Time:**

- Short Term: 6-12 months
- Medium Term: 3-5 Years
- Longer Term: 10-15 years



# Set SMART Goals

**Specific**



**What?**

**Measurable**



**How Much?**

**Achievable**



**Realistic?**

**Relevant**



**Money  
Values?**

**Timed**



**When  
(Deadline)?**

# Goal Setting in Action - Example



- 1.) **My Goal is:**  
To go on a vacation
- 2.) **I want to achieve this in:**  
18 months
- 3.) **The total cost of my goal is:**  
\$1500 CAD
- 4.) **I will set aside**  
\$84/month or \$38 bi-weekly  
**to achieve this goal**



# | Goal Setting Tips



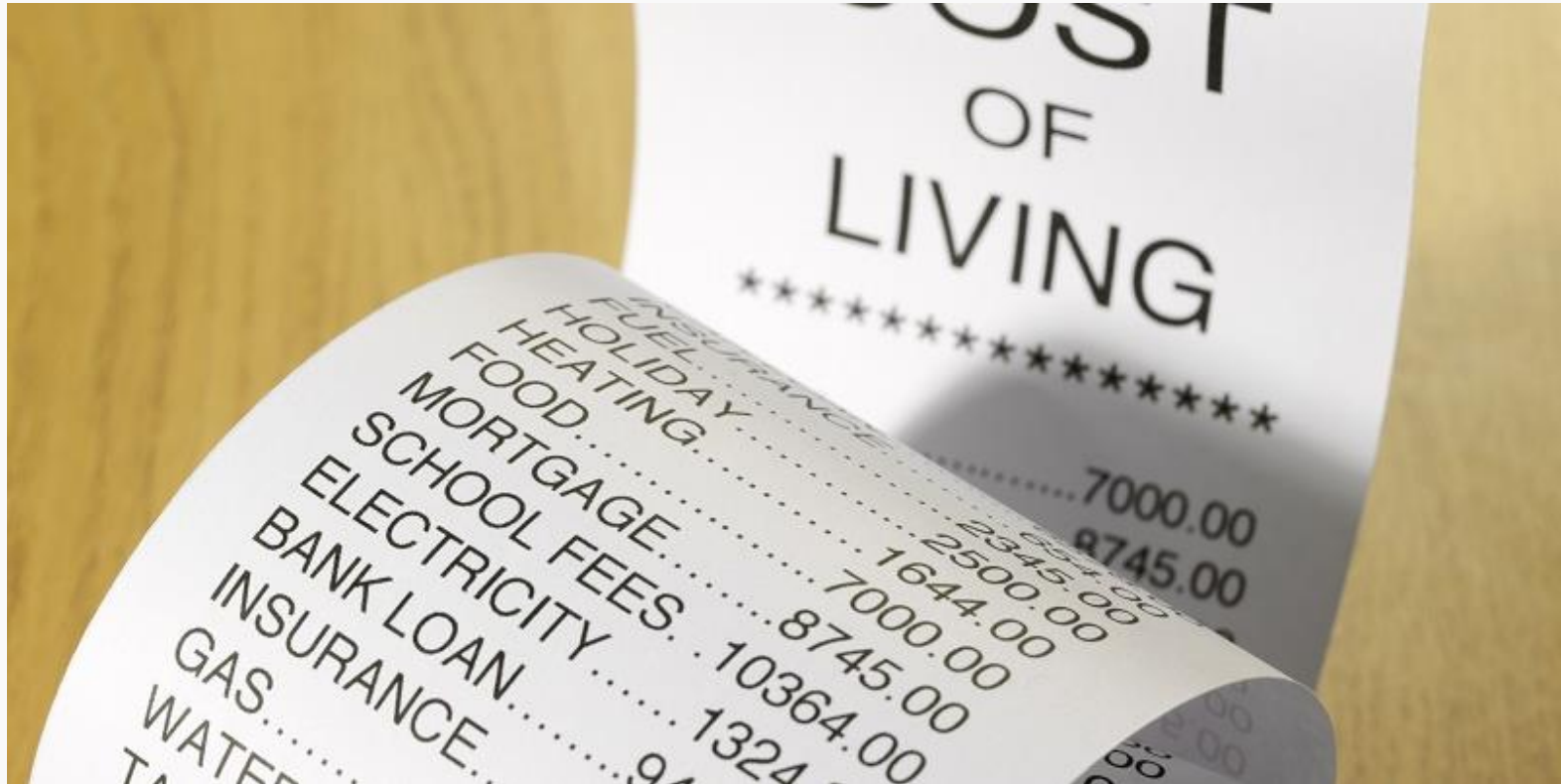
**Set clear goals & expect them to change**

**Make Savings automatic: pay yourself first**

**Use separate accounts for each goal**

**Watch out for fees !**

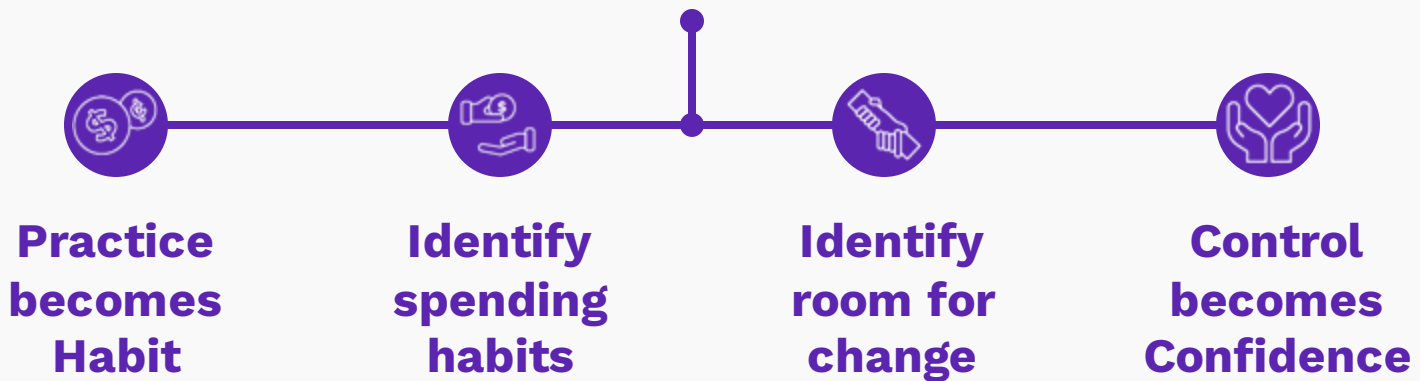
# Do you know where your money went last month?



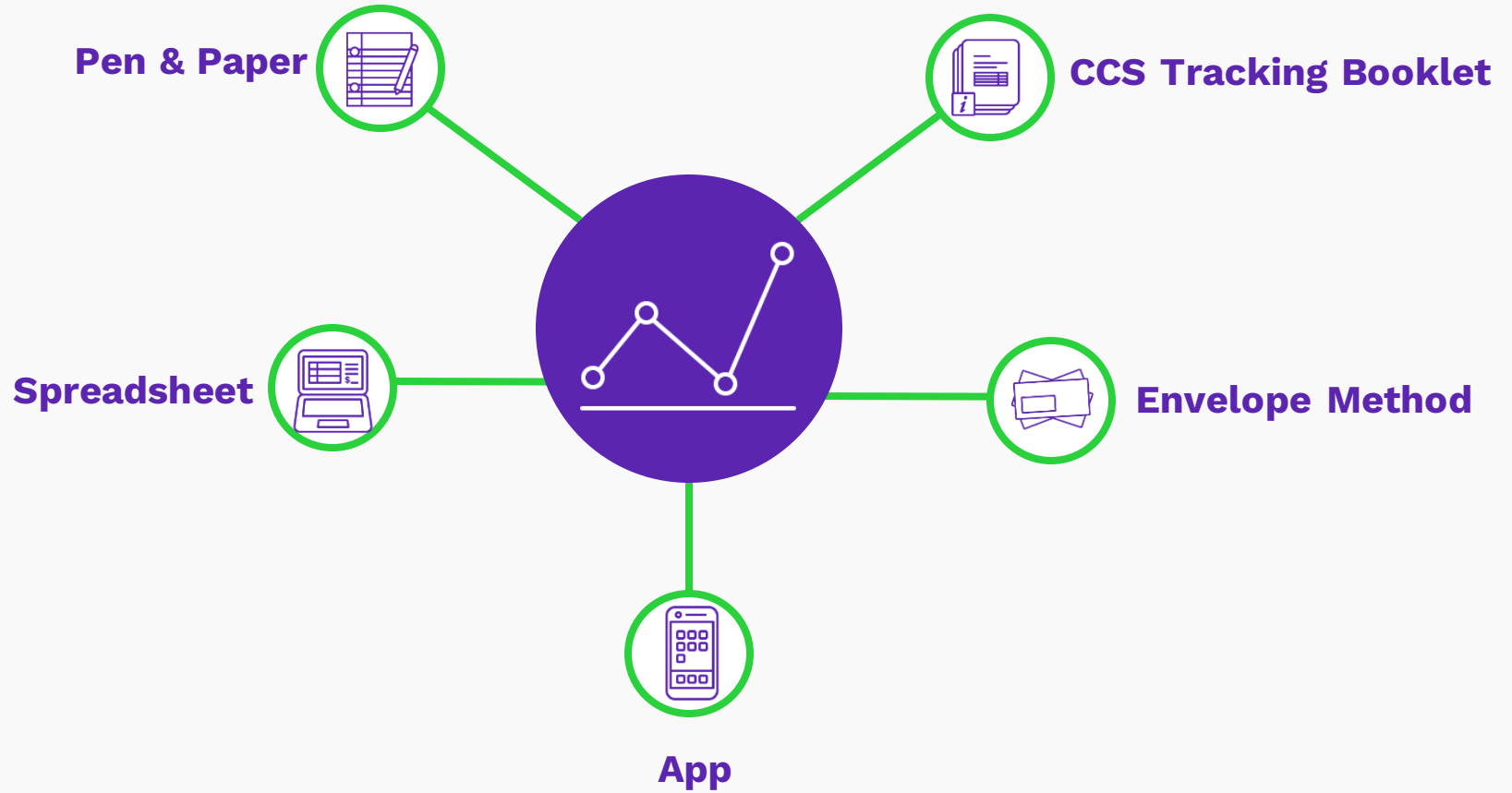
# | Expense Tracking



**Keep it Real:**



# Expense Tracking



# What are some expenses that come up once in a while?

---



# Irregular Expenses

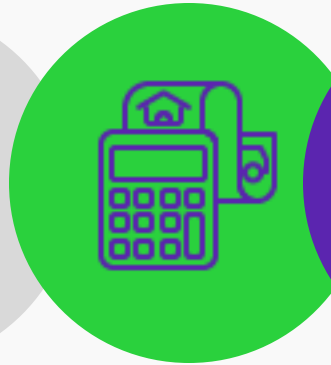
Housing	Living	Work	Personal
Property taxes*	Car insurance*	Special clothing	Clothing/ shoes <b>\$300</b>
City utilities*	Auto maintenance <b>\$500</b>	Work supplies	Education
Repairs & maintenance	Annual memberships	Licenses or professional fees	Holidays/ birthdays <b>\$750</b>
Household items <b>\$300</b>	Dentist/ Optometrist <b>\$300</b>		Hair care/salon services <b>\$250</b>
Appliances	Pet bills <b>\$400</b>		Hobbies
Home insurance*	Prescriptions <b>\$200</b>		<b>Example Total = \$3000</b>

# Managing Irregular Expenses

**Open a new  
bank  
account**



**Divide by 12 or 26**



**Track the ins  
and outs**



**Add up the total  
cost of annual  
irregular expenses**

**Deposit this  
amount into the  
new account**

# | Example

---



**Annual Irregular  
Expenses @ \$3000**



**\$250/month**



**\$116/bi-weekly  
paycheck**



# What are Emergency Expenses?



# | Emergencies

**We don't know:**



- **When**
- **What**
- **How much**

**Short Term:**



**Aim for \$1000**

**Long Term:**

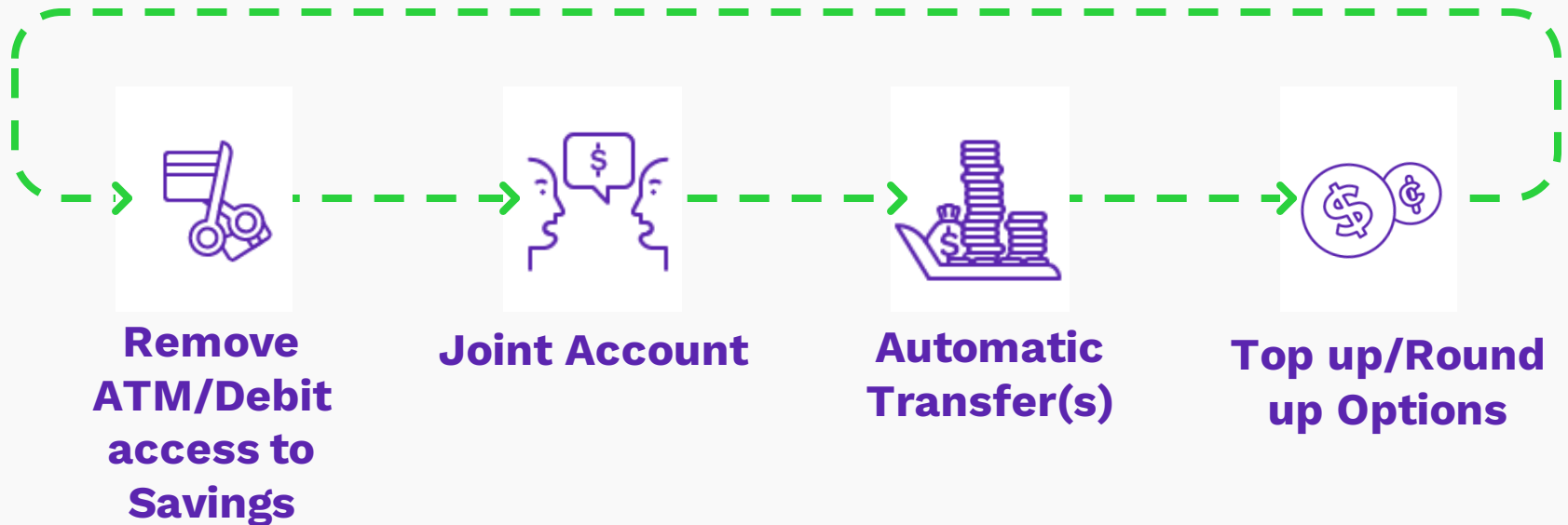


**Aim for 3-6 months of income/expenses**

# How can we keep our Savings safe from ourselves?

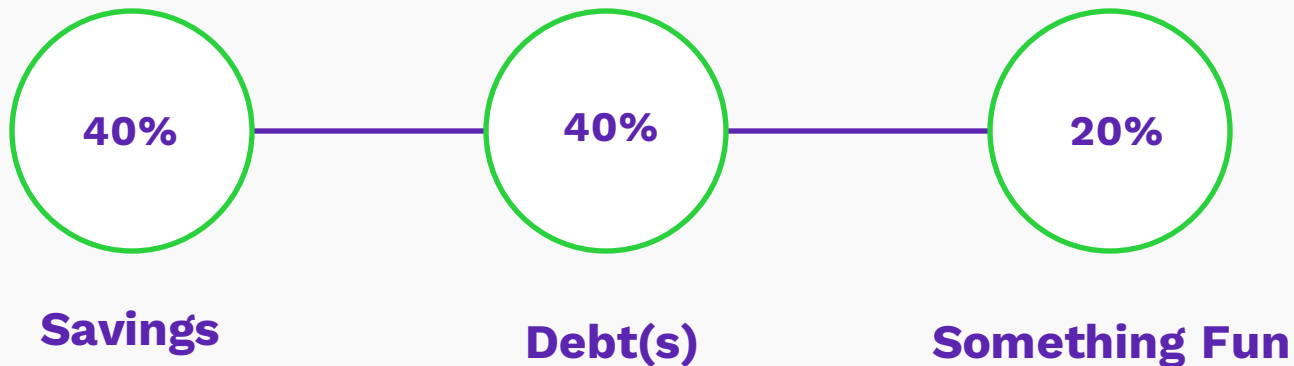


# | Managing Savings



# How to Build Savings: 40-40-20 Rule

If you receive a lump sum of money:



# 52 Week Money Challenge

Week	Deposit	Balance	Week	Deposit	Balance	Week	Deposit	Balance
1	\$1	\$1	18	\$18	\$171	35	\$35	\$630
2	\$2	\$3	19	\$19	\$190	36	\$36	\$666
3	\$3	\$6	20	\$20	\$210	37	\$37	\$703
4	\$4	\$10	21	\$21	\$231	38	\$38	\$741
5	\$5	\$15	22	\$22	\$253	39	\$39	\$780
6	\$6	\$21	23	\$23	\$276	40	\$40	\$820
7	\$7	\$28	24	\$24	\$300	41	\$41	\$861
8	\$8	\$36	25	\$25	\$325	42	\$42	\$903
9	\$9	\$45	26	\$26	\$351	43	\$43	\$946
10	\$10	\$55	27	\$27	\$378	44	\$44	\$990
11	\$11	\$66	28	\$28	\$406	45	\$45	\$1,035
12	\$12	\$78	29	\$29	\$435	46	\$46	\$1,081
13	\$13	\$91	30	\$30	\$465	47	\$47	\$1,128
14	\$14	\$105	31	\$31	\$496	48	\$48	\$1,176
15	\$15	\$120	32	\$32	\$528	49	\$49	\$1,225
16	\$16	\$136	33	\$33	\$561	50	\$50	\$1,275
17	\$17	\$153	34	\$34	\$595	51	\$51	\$1,326
						<b>52</b>	<b>\$52</b>	<b>\$1,378</b>

# | We Want Your Opinion

QR Code



Survey Monkey



<https://www.surveymonkey.com/r/69B6FMJ>

# | Paycheque Plan



## **Fixed Expenses:**

Same date & amount each month



## **Variable Expenses:**

Regular but amounts & dates change



## **Savings Expenses:**

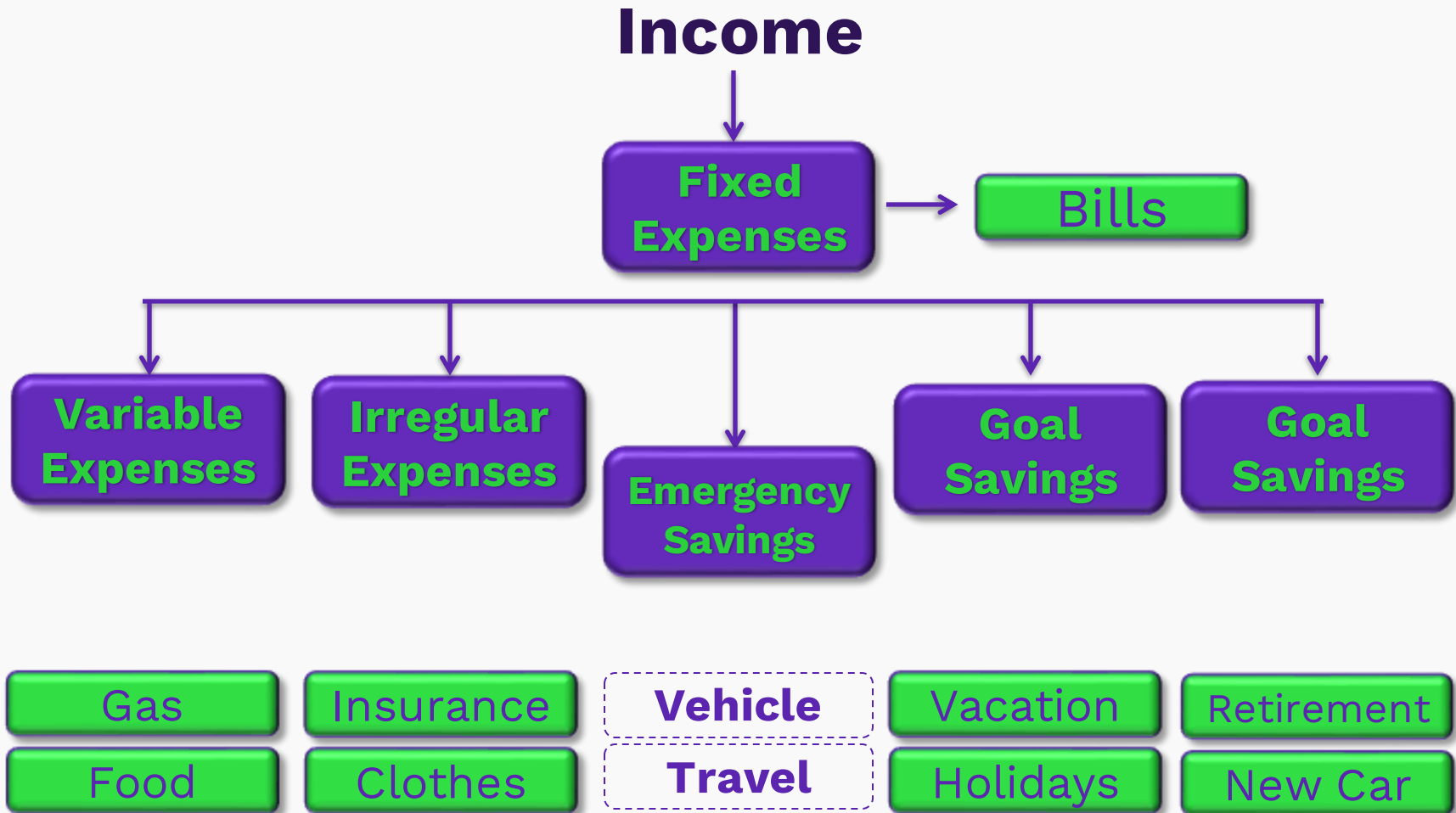
Irregular  
Emergency  
Goal Savings



# Paycheque Planning (\$3170)

Fixed Expenses	Cost	Variable Expenses	Cost	Savings Expenses	Savings Type	Cost
Rent	\$1500	Groceries	\$250	Car Maintenance	Irregular	\$50
Electricity	\$75	Personal Care	\$35	Clothing/Shoes	Irregular	\$25
Cell Phone	\$70	Gasoline	\$150	Gifts/Occasions	Irregular	\$45
Cable/Internet	\$80	Entertainment	\$35	Medical/Dental	Irregular	\$50
Tenant Insurance	\$65	Eating Out	\$80	Household/Pets	Irregular	\$60
Car Insurance	\$150	Parking	\$30	RRSPs	Goal	\$70
Debt Payments	\$300			Emergency Savings	Emergency	\$50
		<b>Total</b>	\$580			
<b>Total</b>	\$2240	<b>Bi-weekly</b>	\$268		<b>Total</b>	\$350
<b>Bi-weekly</b>	\$1120	<b>Weekly</b>	\$134		<b>Bi-weekly</b>	\$175

# | Organize Your Money



# Alternatives to Credit



**VISA Debit/Debit  
Mastercard**



**Prepaid Credit Card**



**Secured Credit Card**



**PayPal, E-Transfer,  
Gift Cards, Cash**

# | Your Next Steps

Free Tools + Resources via:  
[mymoneycoach.ca](https://mymoneycoach.ca)



**Create or Revise  
your Budget  
(Spending Plan)**



**Plan for  
Irregular  
Expenses**



**Create an  
Emergency Fund**



**Track your  
Expenses +  
Accounts**

# CONCLUSION

- 01** - Reflect on your money values & goals
- 02** - Learn how to achieve financial priorities
- 03** - Irregular, Emergency, and Savings Expenses
- 04** - Create and organize your savings

# How We Help



**1-888-527-8999**

Book a free financial consultation with a credit counsellor



**Education@nomoredebts.org**

Contact a Financial Educator



**nomoredebts.org**

DM us via online chat



**@nomoredebts.org**

Sign up for our newsletter



@creditcounsellingsociety



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