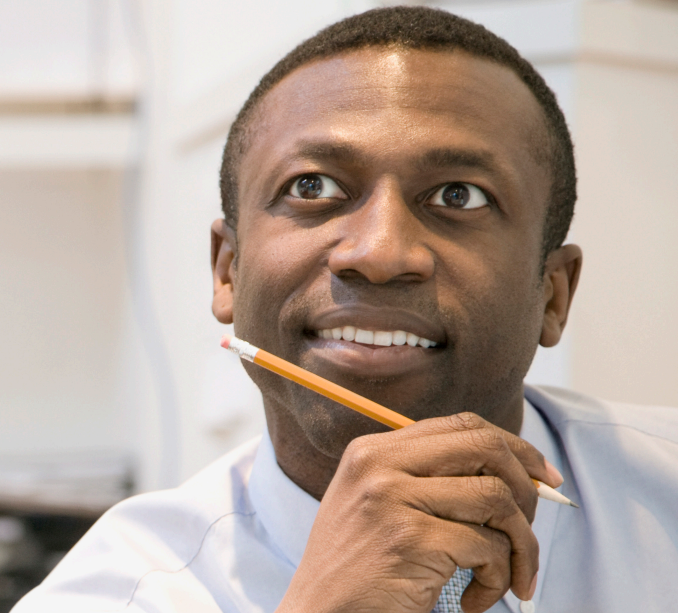


# The ABCs of spending

## Knowing your numbers is key



Knowing how much money you have coming in and going out and where it's going is the cornerstone of budgeting and effectively managing your finances.

**Use this worksheet** to get to know your financial numbers and gain insight into not only **what** you spend but also **why** you spend the way you do. Taking the time to understand your spending is well worth the effort and can help you:

- ▶ Gain clarity on how you can spend less or spend better
- ▶ Recognize how the small stuff adds up
- ▶ Identify opportunities to change or redirect saving
- ▶ Spend more mindfully
- ▶ Take action to address saving goals

The key to changing any habit starts with examination and attention.

Pension Boards-United Church of Christ provides access to financial planning through Ernst & Young LLP (EY) at **no cost to you.**

### Contact EY today

📞 Call an EY planner at  
**+1 877 927 1047**

📱 Log into  
[pbucc.eynavigate.com](https://pbucc.eynavigate.com)

Download the app



Take charge of your finances		EY ERNST & YOUNG LLP	
<b>Activity sheet: know your spending</b>			
Having a clear understanding of your monthly spending in relation to your income is well worth the effort. Fill out your average monthly expenses and income below and see how much you're left. As a general rule of thumb, your essential expenses (like housing, food, insurance premiums, etc.) should not exceed 50% of your take-home pay.			
ANNUAL HOUSEHOLD INCOME: \$ _____		MONTHLY TAKE-HOME PAY: \$ _____	
<b>MONTHLY ESSENTIAL EXPENSES</b> (Group your bills by house)			
<b>HOUSING</b>		<b>DEBT SERVICE</b>	
Rent/mortgage on main	\$	Credit card monthly payments	\$
Utilities	\$	Student loan payments	\$
Gas/heat	\$	Home loan monthly payments	\$
Electricity	\$	Auto	\$
Water	\$	Auto loan/rental/lease payment	\$
Sewer	\$	Other	\$
Phone/cable/internet	\$	<b>DEBT SUBTOTAL</b>	\$
Insurance	\$		
Property tax	\$	<b>EXPENSES</b>	\$
Home maintenance	\$	Food	\$
Childcare	\$	Other goods/buying products	\$
Support for parents	\$	<b>EXPENSES SUBTOTAL</b>	\$
Other	\$		
<b>HOUSEHOLD SUBTOTAL</b>	\$	<b>INSURANCE PREMIUMS</b>	\$
		Life	\$
<b>TRANSPORTATION</b>	\$	Health	\$
Car payments	\$	Disability	\$
Gas/mileage (including tolls, etc.)	\$	Car	\$
Car maintenance and repairs	\$	Home	\$
Tax	\$	Childing	\$
Other	\$	Other	\$
<b>TRANSPORTATION SUBTOTAL</b>	\$	<b>INSURANCE SUBTOTAL</b>	\$

EY Navigate™ provides access to tools and other resources to help you manage your money life.

