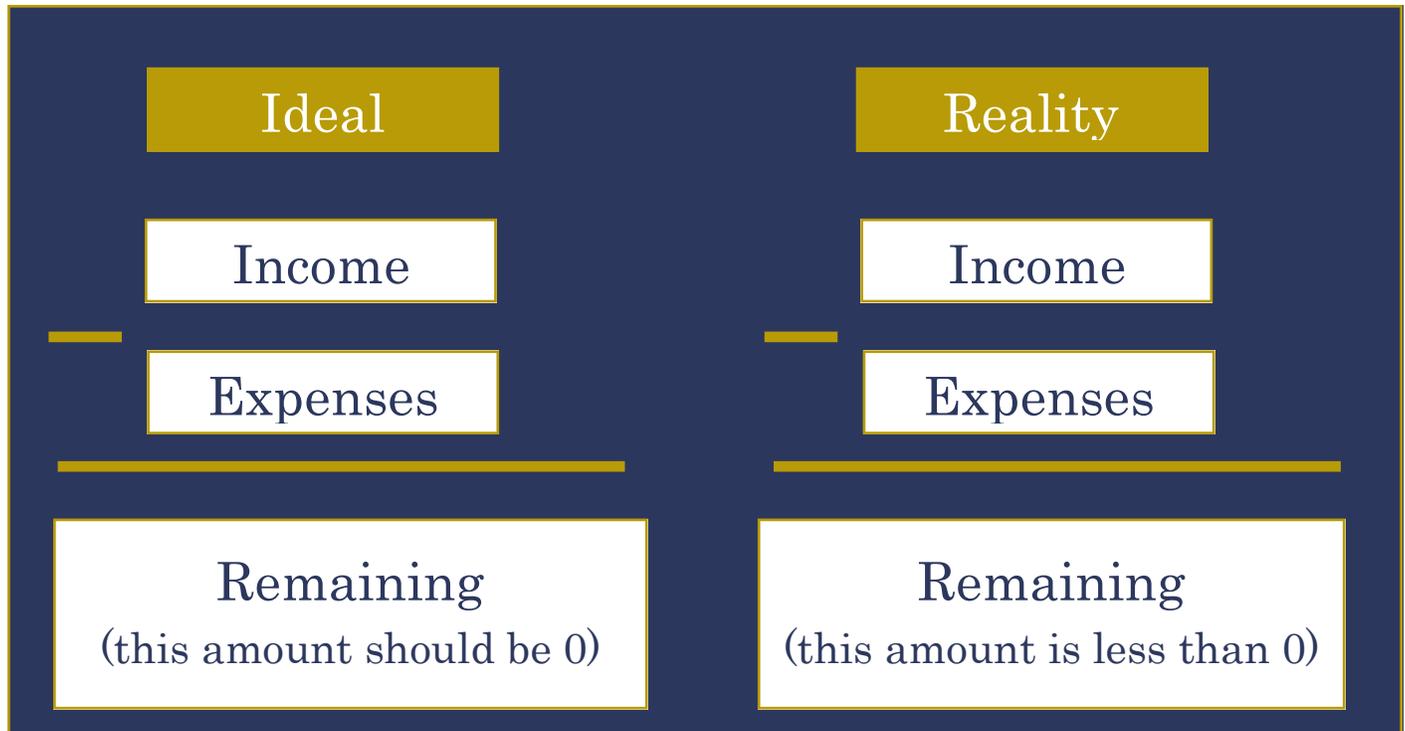


# ZERO BALANCE BUDGET

The most important thing you can do for yourself is to see where your money has been going. In order to complete this you will need to have access to your banking statements. Let us take the time to briefly review what the ideal budget looks like vs the reality that many Americans face.



The ideal budget means ending each month at 0. This means that every dollar has a home. The Reality is that most people over spend which leads them into having negative money at the end of the month. The formula to success is as simple as creating a budget and a plan that you stick to were you spend (expenses) is less that the money you make. This allows you to apply extra money to savings or trips.

## WHAT IS A BUDGET?

What if I told you that only 41% of Americans have a budget? ([U.S. Bank](#)) Say what?!?! People are just rolling the dice hoping they reach their financial goals. So many things in this world are driven off of our need to spend money. The best way to counter this is to create robust budget.

1.

**Budgets create awareness.** A budget allows you to confront exactly how much money you are spending on a monthly basis.

2.

**Pay off debt or save money faster.** Budgets allow you to attack your debts with a plan. Being aware of your expenses allows you to assess the impact to your income.

3.

**Reach Goals.** A budget helps to address your short term and long-term goals like saving for a house, a car, or that dream vacation.

## WHAT A BUDGET IS VS WHAT A BUDGET IS NOT

What do you think a Budget is?

Question	Options	Answer
A budget allows me to be accountable with my money.	True False	
A budget is only for people who have an income issue.	True False	
A budget does not allow me to do fun things like hangout with my friends or go on my dream trip.	True False	

Answer Key: True, False, False

When you have attempted to budget in the past, what was your biggest challenge.

## COMMON BUDGET MISTAKES

1.

**Poor tracking of expenses.** You have a budget but yet you aren't tracking your expenses. If you make \$3,000 a month, then you shouldn't be paying rent at \$2,000.

2.

**Overspending.** Living above ones means is a leading mistake made. Often time people create a budget but then fail to stick to the budget.

3.

**No emergency fund.** 23% of Americans have no emergency fund! Don't let this be you.

4.

**Why can't you say no?** Either you have an issue saying not yourself or others which leads to overspending.

5.

**Not having a budget.** Free styling is probably the worst mistake one can make in regard to their finances. Not having a budget because you make enough is one way to not achieve your goals.

Do you fall into any of these categories?

