

# *Tips for a healthy budget*

NOT SURE WHERE TO START WITH A BUDGET? IT DOESN'T HAVE TO BE COMPLICATED. HERE ARE SOME TIPS.



## **Add up your monthly income.**

Look at paystubs or your bank deposits from your job for one month. Include other income, like child support payments, if you have them.

## **Cut back where you can.**

Put a limit on coffee stops or meals out. Too much online shopping? Give yourself a 48-hour waiting period before you buy.

## **Add up your expenses.**

Think about bills you pay each month, such as mortgage, rent, utilities and car payment. Look at credit card bills or bank withdrawals. This tells you how much you're spending.

## **Divide into optional and essential.**

On a piece of paper or computer, divide your expenses into two columns: optional and essential. When needed, cut expenses from your optional column.

Source: Federal Trade Commission