

Eight Week Financial Plan

Credit Counselling Services of Atlantic Canada, Inc.

		Monthly	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Incomes										
A. Primary Income										
B. Secondary Income										
C. Other Incomes										
D. Total Incomes										
I. Basic Expenses										
Rent / Mortgage										
Condo Fees / Park Rent										
Property Taxes										
Water /Sewer/ Garbage Taxes										
Oil Heat										
Propane / Natural Gas										
Electric										
Telephone Bundle										
Cell Phone										
Internet										
Groceries / Toiletries										
Gas / Public Transportation										
Child Care / Babysitter										
Schooling / Tuition										
Child Support / Alimony										
Laundry										
Subtotal I.										
II. Periodic Expenses										
Auto Insurance										
Renter's / Homeowner's Ins.										
Health Insurance										
Life Insurance										
Auto Repair / Maint./ Regst.										
Home Repair / Maintenance										
Clothing										
Prescriptions / Eye Care / Dental										
Gifts										
Donations										
Professional Dues										
Other Periodic Expenses										
Subtotal II.										
III. Other Expenses										
Savings										
Cable / Satellite TV										
Haircuts										
Personal Cash (coffee, lunches)										
Entertainment										
Cigarettes/Alcohol										
Pet Care / Vet Costs										
Hobbies / Clubs										
Sport / Gym Membership										
Subscriptions										
Car Payments										
Other Creditor Payments										
Subtotal III.										
Total Expenses										
Cash Flow +/-										

My goal is to...



What is the approximate cost involved? \$ _____

What do I have to set aside in my monthly budget in order to reach my goal? \$ _____

How long will it take me to reach this goal? _____

Goal Setting Tips

- ✓ Write it down
- ✓ Make it realistic
- ✓ Prioritize
- ✓ Make a plan
- ✓ Set timelines
- ✓ Track progress
- ✓ Visualize your goal
- ✓ Involve or discuss with family/friends
- ✓ Expect bumps in the road
- ✓ Do not give up
- ✓ Celebrate



Triggers

Sale signs

Using credit instead of cash

Limited time offers

Using debit instead of carrying cash

Buy now; pay later

Money burns a hole in your pocket

"Keeping up with the Jones"

Advertising

"Go big or go home"

"But I deserve it..."