

Budjut

Name: Adam Smith

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Page 1 - Goals

1. Which personal objectives are the most important to you?

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2. What family objectives are the most important to you?

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3. Today, what percentage of the family income do you feel should go towards savings? Why?

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4. At what age do you wish to retire?

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5. Is saving for retirement important to you?

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6. What are your plans for retirement?

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7. Are you familiar with your government retirement benefits?

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8. If you could no longer work due to a disability, would you have sufficient reserves to keep you going? If so for how long?

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Page 2 - Financial Management

INCOME

GROSS INCOME: \$8640

EXPENSES

HOUSING

Mortgage/Rent 4800

Maintenance and repairs 0

Taxes, water/sewer 780

Heat and electricity 0

Tel./Internet/Cable 0

Insurance 240

Other 0

LIVING EXPENSES

Groceries 0

Clothing 0

Healthcare 720

Personal care 0

Bank fees 0

Daycare 0

Other 0

TRANSPORTATION

Fuel 0

Maintenance and repairs 0

Lease/Loan/Savings 0

Licence and registration 0

Insurance 0

Other 0

MISCELLANEOUS

Donations 0

Recreational activities 0

Gifts 0

Vacation 600

Debt repayment 96

Restaurants 0

Subscriptions 0

Other 0

SAVINGS & INSURANCE

Short-term goals 0

Retirement savings 0

Education savings 0

Other savings 0

Life insurance 0

Disability insurance 0

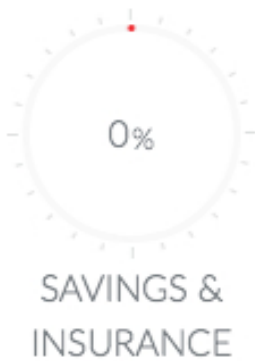
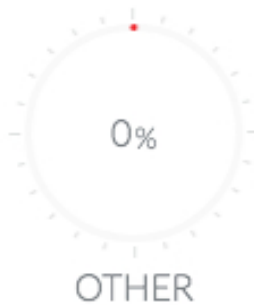
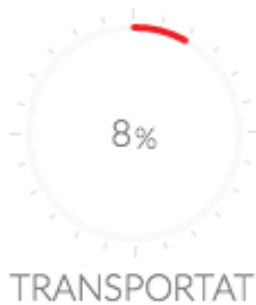
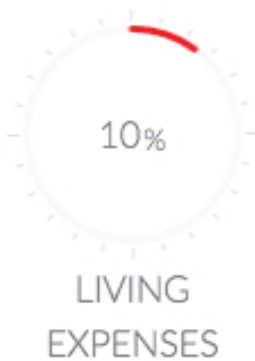
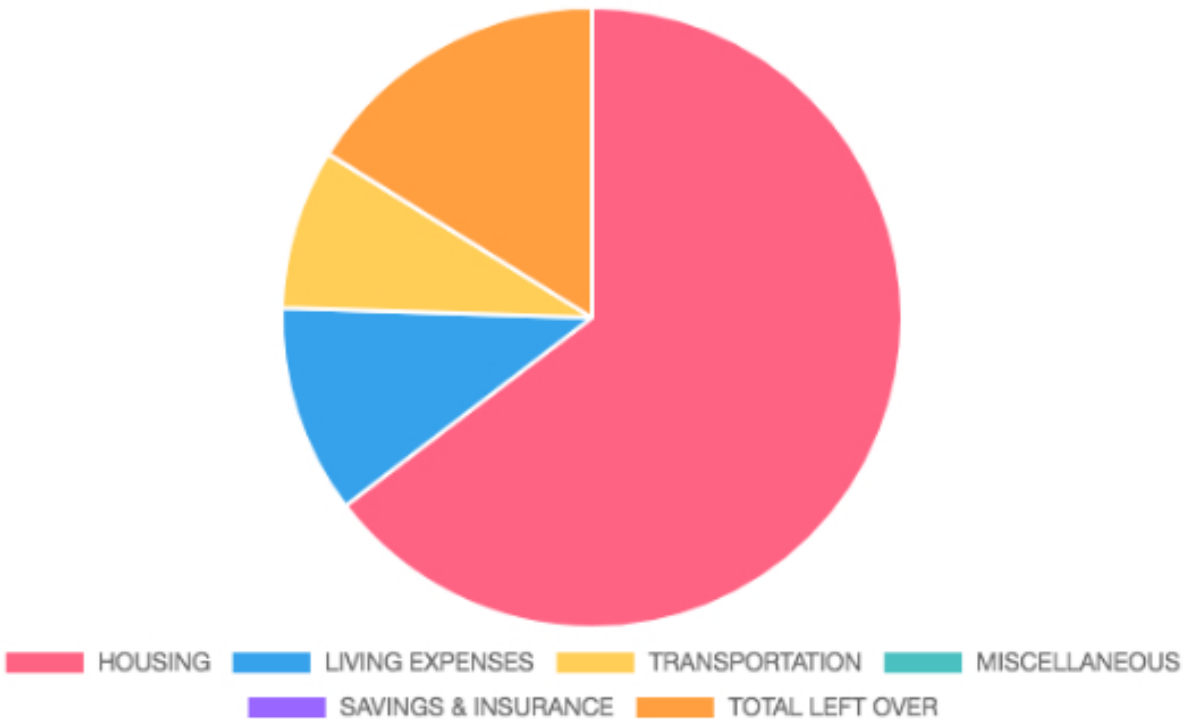
Critical illness insurance 0

Other 0

TOTAL EXPENSES: \$7236

TOTAL LEFT OVER: \$1404

Page 3 - Where's my money going?



Lifestyle changes

For the most part if you get good sleep, eat healthy and do moderate exercise this can save you so much money on transportation, medication, doctor bills, etc: while it may not erase those monthly checkups. You can save money on bandaids, aspirin, if you take an as needed inhaler; devices like Bas Rutten's O2 Trainer or the Wim Hof breathing method which have proven to help manage your asthma and save you money long term. Another idea and this is something I do which is I don't pay for a gym membership I workout at home, do push-ups at work, the bus station, pull-ups at the park, etc: for me nature is my gym. You can get fit without any equipment just a flat floor but if you need the extra weight you can easily fill a backpack with books and exercise with that. Another idea is to get a duffle bag and put 1 or more sand bags in it and duck tape which you can do bicep curls, tricep extensions, bench press, etc:

Whenever I'm unmotivated I look in what I call the accountability mirror and have a good long talk to myself summing it up in 1 simple sentence, "Excuses sound best to the person making them up!"

As far as transportation you can make it a regular habit of reducing the amount of weight in your vehicle thus saving you money in gas long term, and/or instead of driving to work you could ride the bus, car pool, ride a skateboard, scooter, walk or even ride a bike. Instead of paying for fast food you make your own at home. Instead of spending \$1.75 for a bottle of water a day you could fill it at home, work, the office or McDonald's for free and save you \$1.75/d - \$13.30/w - \$53.22/m - \$638.75/y. Or even Starbucks coffee \$7/d - \$49/w - \$196/m - \$2,352/y. Another example would be to not pay for WiFi just use your phone's mobile data. I'm sure you can come up with other ways to save money as well.

Sometimes it's best to pay more to save more. Over the years I've had my share of cheap tools break in my hand like screwdrivers. So believe me when I say this it's best to pay the little extra money up front for a good tool then having to replace a cheaper one again and again. Always do your research first. Do they have a lifetime warranty, what's the company's history, is the company insured, majority of the review statistics, is the product new vs used, if used while it maybe cheaper why selling? These are just a few questions to ask before buying a good quality tool or product. Either it be a craftsman wrench, airless tires, an electric windproof plasma lighter, rechargeable batteries, etc:

It's easy to come up with reasons not to save money for an emergency, job loss, retirement or other need or goal, but not saving can cause considerable financial pain down the road. That's why it's smart to regularly put money in a savings account where it's available for whatever happens in the future.

"Saving is about mindset," says Bob Morrison, principal at Downing Street Wealth Management LLC, a financial planning firm in Littleton, Colo. "It doesn't matter whether you make minimal dollars or a significant amount, you should save a certain percentage and learn to live within that income because you have a responsibility to provide for yourself and your goals for the future."

Excerpt from <https://www.bankrate.com/finance/savings/11-dumb-excuses-save-money.aspx>

Investing The Difference

There's lots of ways to make and lose money in the stock market via day trading, swing trading, options, fractions, etc: some people just invest in dividends which simply put that company you invest in will pay you just for having the stock but not all stocks pay dividends. There's a lot of apps out there you can use to invest in like Robinhood, Webull, among others. With these two apps I mentioned if you register with my links you and I get a free stock.

In a nutshell, Robinhood is designed for complete beginners who are looking to trade stocks, ETFs, cryptos or options, all commission-free.

https://referral.robinhood.com/michael2685/?_branch_match_id=774097653577852610

Webull is meant for intermediate to advanced traders who are looking to trade stocks, ETFs, all commission-free.

<https://act.webull.com/promotion/invitation/share.html?inviteCode=qERu1os6BXX7>

When To Buy or DIY

I remember my dad taught me how to change and replace a faucet. He also taught me how to change and replace a door. These little things can save you a lot of money in the long run if you know what you're doing. If not it's best to educate yourself through reading, courses, maybe have a professional coach you to make sure you're doing it correctly or sometimes it's best to just hire a professional to do it themselves it all depends on you.

Sometimes it's also just nice to save by recycling and use things like plastic as rope, a bird feeder, a funnel, make into an ottoman, etc: or saving wood to use for a bon fire instead of having to pay for new wood, the sky's the limit here. You could even make more money recycling and refurbishing than you did when you got it.

Another example is this app I could've paid someone to make this app but because it's free and open source I would essentially receive no ROI (Return On My Investment) other than those ever so rare donations that come in once every 1 or two years. All the free and open source apps I've made I've done so not for the sake of money but to help evolve technology, educate others and simply to help make the world a better place. It's obviously not required but if I do get a donation I'm very thankful and grateful that my app helped you enough to give back and help me.