



## Workshop 3: Worksheets

## Gathering Income:

## **Gathering Expenses**

<b>Regular Expenses:</b>		<b>Monthly Expenses:</b>	
Type:	Amount:	Type:	Amount:
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
<b>Total:</b>	\$	<b>Total:</b>	\$

## **Separating Expenses into Needs vs. Wants**

<b>Needs</b>	<b>Annual Cost</b>	<b>Wants</b>	<b>Annual Cost</b>
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
<b>Total</b>	<b>\$</b>	<b>Total</b>	<b>\$</b>

### **Maslow's Hierarchy of Needs**

<b>Maslow's Need:</b>	<b>Specific Need:</b>	<b>Cost:</b>
<b>Physiological</b>		
<b>Safety</b>		
<b>Belonging-Love</b>		
<b>Self-esteem</b>		
<b>Self-actualization</b>		
<b>Total Cost:</b>		

## **Basic Budgeting Worksheet**

CATEGORY	BUDGET AMOUNT	ACTUAL AMOUNT	DIFFERENCE
<b>Spendable Income:</b>			
<b>Expenses:</b>			
Rent or Mortgage			
Electricity			
Natural Gas or Oil			
Water and Sewer			
Garbage & Recycling services			
Phone(s)			
Internet			
Cable/Satellite			
Subscriptions (Netflix, Spotify, Amazon etc.)			
Credit Card Payments			
Other Loan Payments			

Transportation (Bus Pass or Gas for Car)			
Childcare			
Insurance (Auto, Health, Home, Life)			
Out of Pocket Medical Expenses			
Groceries			
Toiletries/Household Goods			
Pet Care/Food			
Dining Out			
Entertainment			
Other Expenses:			
<b>Total</b>			