

# QUICK REFERENCE GUIDE

"I don't have money left over at the end of the month."



This quick reference guide provides information and resources to guide individuals if they experience the barrier identified in the handout.

## Spending Plans

Spending plans or budgets can assist individuals with managing their money for the entire month and assist them in achieving their financial goals. A spending plan allows an individual to identify their total monthly income from employment and other resources, such as public benefits. A spending plan also allows an individual to look at their total expenses for the month including housing costs, utilities, food and other household and personal expenses. The benefits of creating a spending plan also allows an individual to evaluate their needs vs. wants. Needs are the items that we must have to live, such as housing, utilities and food. Wants refer to items that are not necessary to live. An example would be eating at an expensive restaurant.

### Tools and Resources from Hands on Banking®

- Create your own spending plan: [bit.ly/2uD2Fbg](http://bit.ly/2uD2Fbg)