

INTENTIONAL MONTHLY SPENDING STRATEGY

1. Practice the 70/10/10/10 Rule:
 - a. 70 to Fixed & Variable Expenses (Needs: rent/mortgage, insurance, car payments, utilities, groceries)
 - b. 10 to Savings (Savings for vacation, emergency, debt repayment)
 - c. 10 to Investing (Invest in your company's 401K, or Roth IRA)
 - d. 10 to Other Expenses (fun, dining out, entertainment, hobbies, Christmas gifts, Birthday gifts,)
2. AUTOMATE your savings and investments
3. Pay yourself first
4. Avoid impulse spending - Wait a day or two to decide if it's something you truly need or just a momentary impulse. Sleep on it. Sometimes the impulses fade.
5. **Stay intentional** of your financial priorities and values. Whenever faced with a spending decision, ask yourself if it is a need or a want, if it aligns with your goals, and whether it brings you true value and happiness. If it does, then spend it with a plan in place.
6. Review and Adjust: At the end of each month, review your spending against your budget. Celebrate your successes and identify areas for improvement. Adjust your budget as needed to stay on track.

Remember, intentional spending is about being purposeful with your money and ensuring it supports the life you want to lead. Regularly review and adjust your spending strategy as your financial situation and goals change.

Two questions to ask yourself when you do not like where you are in your life:

1. In your ideal life, what would your life look like?
 - a. If you don't know, you are just looking at the problems to solve. Know the life you want else you will always keep repeating the cycle and have the life you have now. (read that again)
2. More importantly, do you want to change?
 - a. Who you are has created the life you have. Not the other way around. Meaning, the life you have has not create who you are.
 - b. If you want a different life, it will require a different view a different you!
 - c. Are you willing to make radical changes for that new life?

Don't try to solve all the problems, take the first step towards transformation.

Change happens when you take action!

INTENTIONAL MONTHLY SPENDING PLAN

Spending Goal: _____

Month: _____

Income

Date	Description	Amount
Total		

Fixed Expenses (i.e. Rent, insurance and Car Payments)

Date	Description	Amount
Total		

Variable Expenses (i.e. Utilities, Groceries, Debt Payoff)

Date	Description	Amount
Total		

Other Expenses (i.e. Fun, Gifts, etc)

Date	Description	Amount
Total		

Recap

	Goal	Actual	Difference
Earned Income			
Budgeted Expense			
Actual Spent			
Saved			
Invested			