Boosting your Financial Health

BUILDING YOUR BUDGET

A great first step toward improving your financial health is to build a budget that you can realistically stick to.

Now, it’s important to think of a budget not as a set of rules, but more like a recipe. A recipe that allows you to buy the things you really want like a house, a vacation, or a new car.

Here is a breakdown that can be used as a guideline. This would make for a great starting point.

*Keep in mind these are merely recommendations to be used as guidelines; every financial situation is unique and only you can decide what’s best for you and your dollars.

Remember a budget is **ONLY** a guide- it is FLEXIBLE!

For example, if you don’t spend that much money on transportation, you can take from there and put it toward food, or housing instead.

**It’s ok to adjust the parts**, as long as the whole budget adds up to **100%**.