

# Setting Your Finances Up For Success

Money: we all need it, we all want it, and we all worry about it. When you don't keep track of spending it can feel really overwhelming, especially if you're stuck in the cycle of debt. Budgeting is a way to take control of your money, rather than letting money control your life. It is the way to make sure you have money left over for things that are important to you.

## THE IMPORTANCE OF BUDGETING

The best way to succeed in your finances is by setting a budget. This doesn't mean denying yourself of the things you want, but ensuring you have money to spend on the things that matter most to you. While this may mean cutting back on certain purchases and expenses, budgeting is the best way to know where your money is going.

"Budgeting has no one size fits all approach."

It is important to keep in mind that budgeting takes many different forms. Everyone has their own way of keeping track of their finances, and what works for one person may not work for someone else. Do your research on how people manage their budget and figure out a way that works for you. A lot of times, people have ways they budget without even realizing it. Do you look at your bank account online? Even this can be considered a form of budgeting. This type of approach can work best to ensure you're staying on track, and it's recommended to take a deeper look at your finances regularly using other methods, such as a spreadsheet.



## SOME FACTS:

77%

of Americans do not have enough emergency savings to cover three months of expenses.

## Create a Successful Budget

- 1 Identify Reasons to Save
- 2 Subtract Expenses From Income
- 3 Set Goals
- 4 Monitor and Adjust

84%

of Americans don't feel comfortable with their emergency savings