Goal Setting **WORKSHEET**

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BUILD A BUDGET YOU'LL STICK WITH

Incorporating ***Prioritize, Track, Reward*** into your budgeting method of choice will boost your motivation while tackling your personal finance goals at the same time. Use this simple worksheet to get started.

STEP 1: PRIORITIZE

Prioritizing your goals means taking a little personal reflection time and writing a few things down.

- ✓ What do you want your life to look like over the next few years?
- ✓ It could be your dream to train for a new career, have an adventure in a foreign country, start your own business or raise a family
- ✗ Prioritizing your goals should not be confused with categorizing your expenses

» Ask yourself what you want

» Think about it for 10 minutes

» Write the answers down

» Realize your goals are achievable

Goals

STEP 2: TRACK

Tracking your expenses means being aware of where your money is going *as you spend it.*

» Try out a new budgeting system today

» Browse the App Store or the web, or pick up a book

» Don't spend much time comparing approaches

» Just pick one and try it out

STEP 3: REWARD

Rewarding yourself means encouraging and celebrating your progress as you create healthier financial habits.

MILESTONES

- **Time-based** *(e.g., use budgeting app every day for 30 days)*
- **Achievement-based** *(e.g., pay off all credit card debt)*
- **Increment-based** *(e.g., emergency fund reaches $500, $1,000, $2,000)*

REWARDS

- **Material rewards** *(e.g., fancy coffee, movie night, new gadget)*
- **Time- and experience-based rewards** *(e.g., give yourself permission to spend an entire day just vegging out)*

» Set a timer for 10 minutes and brainstorm items for the two lists below

» After the time is up, assign the rewards to your milestones

» Rewards should celebrate your efforts and be exciting to work toward

» When you reach your milestones, claim your rewards!

Budgeting Milestones

Possible Rewards

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