

# Tips for a healthy budget

NOT SURE WHERE TO START WITH A BUDGET? IT DOESN'T HAVE TO BE COMPLICATED. HERE ARE SOME TIPS.



## Add up your monthly income.

Look at paystubs or your bank deposits from your job for one month. Include other income, like child support payments, if you have them.

## Cut back where you can.

Put a limit on coffee stops or meals out. Too much online shopping? Give yourself a 48-hour waiting period before you buy.

## Add up your expenses.

Think about bills you pay each month, such as mortgage, rent, utilities and car payment. Look at credit card bills or bank withdrawals. This tells you how much you're spending.

## Divide into optional and essential.

On a piece of paper or computer, divide your expenses into two columns: optional and essential. When needed, cut expenses from your optional column.

Source: Federal Trade Commission