# тне VyStar money <br> Makeover AT HOME GUIDE 



## USE THIS GUIDE AND LEARN HOW TO...

$\rightarrow$ Understand your current financial situation
$\rightarrow$ Track your spending
$\rightarrow$ Make tough decisions
$\rightarrow$ Develop a monthly budget
$\rightarrow$ Start saving for the future

# тне VyStar money <br> Makeover 

## TABLE OF CONTENTS

Introduction ..... 03
PART 1: Gaining the Strength You Need ..... 05
My Personal Mission Statement ..... 06
PART 2: A Snapshot of My Income and Expenses ..... 07
Complete Your Snapshot ..... 07
Calculating Your Disposable Income ..... 08
Fixed and Flexible Expenses ..... 09
Focus on Your Current Debts ..... 10
PART 3: Still Having Trouble Understanding the Hole in Your Finances? ..... 11
Tracking Everyday Expenses ..... 11
Daily Spending Audit ..... 11-13
PART 4: Getting You on the Right Track ..... 14
Spending Plan Pie Chart ..... 14
Create Your Own Spending Pie ..... 14
PART 5: Tips For Saving Money ..... 15
Where Can You Reduce Expenses? ..... 15-16
PART 6: It's All in Your Hands ..... 17

## INTRODUCTION

## WHAT IS THE VYSTAR MONEY MAKEOVER ALL ABOUT?

Every day we hear how the current economy is affecting our members. But there are ways to get household budgets into shape, and VyStar is here to help. To that end, we have developed a program to help our members establish and maintain financial goals while guiding them through valuable money management lessons along the way. It's all about helping you increase your savings while reducing debt.

Because at VyStar, we never forget that it's your money.

$\square$



## PART 1:

## GAINING THE STRENGTH YOU NEED

## MY PERSONAL FINANCIAL MISSION STATEMENT

Your personal financial mission statement is a brief description of what you want to focus on, what you want to accomplish and where financially you want to be over the next few years. It is a way to focus your energy, actions, behaviors and decisions towards the things that are most important to you. Use the suggestions below as a guideline or create your own mission. The important thing to remember is to review your personal financial mission statement frequently as a reminder of where you want to be financially.


Check all that apply:
$\square$ I want to have money in a savings account to pay for unexpected expenses.
$\square$ I do not want to have a paycheck-to-paycheck lifestyle.
$\square$ I want to pay off my credit cards.
$\square$ I want to begin saving for a down payment on a new home.
$\square$ I want to improve my credit score so I can be offered lower rates on loans.
$\square$ I would like my holiday spending paid for in cash not credit.
$\square$ I want to save for the vacation of my dreams.
$\square$ I need more money for retirement.
$\square$ I want my child to go to college.
$\square$ I need to understand where my money is going.
$\square$ I am ready to trade my bad spending habits for financial freedom.

Create Your Own:
$\square$ $\qquad$
$\qquad$
$\square$
$\qquad$
$\qquad$

## PART 2:

## A SNAPSHOT OF MY INCOME AND EXPENSES

## This will take a little work on your part, but you will not regret it!

## COMPLETE YOUR SNAPSHOT

Your snapshot gives you a quick look at what you are earning and compares it to your expenses. It will help you gauge the health of your budget, your strengths and areas of opportunities. The information on this form will assist our Member Relationship Specialist in offering solutions and suggestions to help you master your financial plan.

A part of your snapshot is to calculate your monthly income on page 8. If you know what the gross pay is (before taxes and other deductions), please enter that. However, net pay (face value of your check) is the more important figure. Include variable income received each month, such as commissions, as well as periodic income, such as a large tax refund or bonus. They will have to be divided by 12 to get a monthly figure.

Household expenses are categorized into FIXED and FLEXIBLE (see page 9). For these categories, enter the monthly amount you spend. Many of the expenses fluctuate each month and will need to be averaged. Other expenses may be periodic (such as insurance, vehicle registration and taxes). Calculate the annual amount and divide by 12. Total your FIXED Expenses and your FLEXIBLE Expenses on page 9. You will be carrying over these amounts when you complete the worksheet for your disposable income.

Your Snapshot begins on the next page.


## YOUR INCOME/EXPENSE SNAPSHOT

## CALCULATING YOUR DISPOSABLE INCOME

| INCOME |  | GROSS |  |
| :--- | :--- | :--- | :--- |
| Primary Income |  |  | Net Income |
| Secondary Income |  |  |  |
| Retirement/Pension |  |  | This is your |


| SAVINGS AND INVESTMENTS | PRESENT VALUE | MONTHLY DEPOSIT | MONTHLY INCOME IF APPLICABLE |
| :---: | :---: | :---: | :---: |
| Savings |  |  |  |
| Certificates of Deposits |  |  |  |
| Money Market Accounts |  |  |  |
| 401(k) - 403(b) |  |  |  |
| IRA |  |  |  |
| Stocks / Mutual Funds |  |  |  |
| Other |  |  |  |
| Other |  |  |  |
| Total Income if Applicable |  |  |  |

## CALCULATING YOUR DISPOSABLE INCOME

| Total Income (Income \& Investments) from this page | $\$$ |
| :--- | :--- |
| Less Total Fixed Expenses from the next page | $\$$ |
| Less Total Flexible Expenses from the next page | $\$$ |
| DISPOSABLE INCOME | $\$$ |

[^0]
## FIXED EXPENSES

| HouSING |  |
| :--- | :--- |
| Rent/Mortgage |  |
| 2nd Mortgage |  |
| HOA (Association Dues) |  |
| Property Taxes |  |
| Homeowner's Insurance |  |
| Renter's Insurance |  |
| Gas/Electric |  |
| Water/Sewer/Garbage |  |
| Telephone Home Service |  |
| Other |  |
| Other |  |
| TRANSPORTATION |  |
| Car Payment \#1 |  |
| Car Payment \#2 |  |
| Gasoline |  |
| Maintenance/Repairs |  |
| Auto Insurance |  |
| Auto Registration |  |
| TolIs/Parking/Bus |  |
| Other |  |
| OTHER LOANS |  |
| Boat/ATV/Motorcycle/RV |  |
| Credits Cards (combined) |  |
| Signature Loans (combined) |  |
| Lines of Credit (combined) |  |
| Other |  |
| F00D |  |
| Groceries/Household Items |  |
| At Work/School |  |
| MEDICAL |  |
| Health Insurance (Plus Dental/Vision) |  |
| Prescriptions/Doctor Visits |  |
| CHIILDCARE |  |
| Daycare/Sitting |  |
| Alimony/Child Support |  |
| Tuition/Lessons |  |
| MISCELLANEOUS |  |
| Back Taxes (monthly repayment) |  |
| Life Insurance |  |
| Union Dues |  |
| Storage Fees |  |
| Other |  |
| Other |  |
|  |  |


| TOTAL FIXED EXPENSES | $\$$ |
| :--- | :--- |

## FLEXIBLE EXPENSES

| PERSONAL |  |
| :--- | :--- |
| Movie/Video |  |
| Dining Out |  |
| Sports/Hobbies/Clubs/Gym |  |
| Vacation/Travel |  |
| Reading Material/Music |  |
| Beauty/Barber |  |
| Other | Monthly Expense |
| CLOTHING |  |
| Purchases |  |
| Laundry/Dry Cleaning |  |
| HoME CARE |  |
| Maintenance/Cleaning |  |
| Pool Service/Gardening | Monthly Expense |
| Monitored Alarm |  |
| MISCELLANE0US |  |
| Gifts |  |
| Pet Care |  |
| Cell Phone/Pager |  |
| Cigarettes/Alcohol |  |
| Computer Online Fees |  |
| Religious/Charity/Contributions |  |
| Other |  |
| Other |  |
| Other |  |
| SAVINGS |  |
| Emergency |  |
| Retirement |  |
| Vacation |  |
| Holiday |  |
| Education |  |
| Other |  |
| Other |  |
| Other |  |

[^1]
## IT'S TIME TO CLOSELY FOCUS ON YOUR CURRENT DEBTS

Please list all your debts, secured and unsecured. Be sure to include mortgages, vehicles, credit cards and student loans. You may ask why you are doing this. You may discover that you have an available balance on a low interest credit card that is enough to pay off or pay on a high interest credit card. It's an easy way of saving interest expense. It will also help you decide which debts to pay off first. You will want to place an emphasis on the debt with the highest interest rates.

|  | CREDITORS | PRESENT BALANCE | MONTHLY PAYMENT | RATE OF INTEREST | CREDIT <br> LIMIT |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |
| 10 |  |  |  |  |  |
| 11 |  |  |  |  |  |
| 12 |  |  |  |  |  |
| 13 |  |  |  |  |  |
| 14 |  |  |  |  |  |
| 15 |  |  |  |  |  |
| 16 |  |  |  |  |  |
| 17 |  |  |  |  |  |
| 18 |  |  |  |  |  |
| 19 |  |  |  |  |  |
| 20 |  |  |  |  |  |



PART 3:

## STILL HAVING TROUBLE UNDERSTANDING THE HOLE IN YOUR FINANCES?

Track, Track, Track!

## TRACKING EVERYDAY EXPENSES

If you don't know where your money is going, it's time to start tracking your spending. One method would be to track spending on a daily spending sheet. Remember, tracking is only effective if you count every expense including the morning newspaper and your morning coffee. It's probably an excellent idea to complete the worksheet on the next page for a couple of weeks for an accurate accounting of your spending. Remember to review your mission statement (on page 6) on a regular basis while you are working on your Money Makeover.

## DO A DAILY SPENDING AUDIT

Please pull out the opposite page and write down any and all spending over a period of two consecutive weeks. The page is designed to easily fold down so you can carry it with you. Remember to have a pen or pencil during these two weeks as well. It's not easy, but being honest with yourself and writing down everything you spend money on is the best way to get the most out of your Money Makeover. Use this information to determine where you can begin cutting expenses. You may discover that some of your spending are "wants" and not "needs".


| MONDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| TUESDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
|  | THURSDAY'S EXPENSES |
|  | $\$$ |
|  | $\$$ |
|  | $\$$ |
|  | $\$$ |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |


| SATURDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| SUNDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| WEEK TOTALS | DATE |
| :--- | :--- |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| MONDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| TUESDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| THURSDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| SATURDAY'S EXPENSES | DATE |
| :--- | :--- |
|  | $\$$ |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |


| WEEK TOTALS | DATE |
| :--- | :--- |
|  | $\$$ |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |
| $\$$ |  |

## PART 4:

## GETTING YOU ON THE RIGHT FINANCIAL TRACK

## What should it look like?

## SPENDING PLAN PIE CHART

Our Spending Plan Pie Chart indicates what the average family spends in the major financial areas. See how you compare by using the spreadsheet at the bottom of this page for recording your expenses.


## CREATE YOUR OWN SPENDING PIE



| OTHER EXPENSES |  |
| :--- | :--- |
| Eating Out | $\$$ |
| Vacations | $\$$ |
| Entertainment | $\$$ |
| Clothing | $\$$ |
| Cable | $\$$ |
| Cell Phones | $\$$ |
| Totals | $\$$ |


| SPENDING PIE | Your <br> Percentage | Average <br> Percentage |
| :--- | :---: | :---: |
| Housing Total Divided by Net Income |  | $35 \%$ |
| Transportation Total Divided by Net Income |  | $15 \%$ |
| Debt Total Divided by Net Income |  | $15 \%$ |
| Other Living Expenses Divided by Net Income |  | $25 \%$ |
| Savings Total Divided by Net Income |  | $10 \%$ |
| Total |  | $\mathbf{1 0 0 \%}$ |


| SAVINGS |  |
| :--- | :--- |
| Totals | $\$$ |

## PART 5:

## TIPS FOR SAVING MONEY

## WHERE CAN YOU REDUCE EXPENSES?

On page 16, you will see a variety of expense categories and sub-categories beneath. Depending on the decisions you make, you may find opportunities to reduce or eliminate an expense. With each reduction or elimination, you add that amount of money to your disposable income. Adding to your disposable income gives you the opportunity to pay off existing loans quicker or add additional funds to your savings account. You may find this to be an exercise where you include the entire family.


## SECTION 1

Leisure

| Premium cable channels | $\$-$ |
| :--- | :--- |
| Cable television service | $\$-$ |
| Movies, videos, shows | $\$-$ |
| Hobbies, games, sports | $\$-$ |
| Memberships, outings | $\$-$ |
| Alcohol and tobacco | $\$----$ |
| Gambling | $\$-$ |
| Other | $\$-$ |

Gifts and Contributions

| Special occasion gifts | \$ |
| :---: | :---: |
| Holiday gifts | \$ |
| Religious contributions | \$ |
| Charitable contributions | \$ |
| Spending allowances | \$ |
| Savings |  |
| Contributions to savings | \$ |
| Special savings plans | \$ |
| Cash value life insurance | \$ |
| Retirement contributions | \$ |
| Other | \$ |
| Miscellaneous Section 1 |  |
| Popular magazines | \$ |
| Furniture and furnishings | \$ |
| Cell phone and service | \$ |
| Other | \$ |

Total Savings Section 1


## SECTION 2

## Food

| Groceries for home | $\$-$ |
| :--- | :--- |
| School/work lunches | $\$-$ |
| Fast food meals | $\$-$ |
| Dining/drinking | $\$-$ |
| Other | $\$-$ |

## Personal and Home Care

| Cleaning products | $\$+$ |
| :--- | :--- |
| Paper products | $\$-$ |
| Toiletries and cosmetics | $\$-$ |
| Haircuts and hair care | $\$+$ |
| Over counter drugs | $\$+$ |
| Elective treatments | $\$+$ |
| Other | $\$$ |

## Clothing

| Work apparel | $\$-$ |
| :--- | :--- |
| Clothing and footwear | $\$-$ |
| Jewelry and accessories | $\$-$ |
| Alterations and repairs | $\$-$ |
| Laundry soaps/services | $\$-$ |
| Other | $\$-$ |
| Miscellaneous Section 2 |  |
| Medical and dental | $\$-$ |
| Babysitting/child care | $\$-$ |
| Term life insurance | $\$-$ |
| Other | $\$-$ |

Total Savings Section 2 $\qquad$

## SECTION 3

Loans

| Credit card payments | $\$+$ |
| :--- | :--- |
| Rent-to-own payments | $\$-$ |
| Store credit payments | $\$-$ |
| Installment loans | $\$+$ |
| Personal loans | $\$$ |
| Other | $\$$ |

Transportation

| Auto loan payment | $\$-$ |
| :--- | :--- |
| Fuel and servicing | $\$-$ |
| Upkeep and repairs | $\$-$ |
| Parking and registration | $\$-$ |
| Auto insurance policy | $\$-$ |
| Other transportation | $\$$ |

Housing

| Rent/mortgage payment | $\$+$ |
| :--- | :--- |
| Water and sewer fees | $\$-$ |
| Gas and electricity | $\$+$ |
| Telephone services | $\$-$ |
| Homeowners insurance | $\$-$ |
| Property taxes and fees | $\$-$ |
| Other | $\$$ |

## Miscellaneous Section 3

Health insurance \$
Child support/alimony
Other $\qquad$
\$

Total Savings Section 3 \$ $\qquad$

## PART 6: <br> IT’S ALL IN YOUR HANDS NOW!

During this Money Makeover analysis we showed you how to calculate your current financial position and view the expenses you have control over and the ones you do not have control over. By taking a closer look at the controllable expenses and reducing them or eliminating them, you can begin to allocate the money you would have spent to other obligations. The goal here is to pay down your high interest loans or reduce your higher expenses that are under your control. As you begin to pay off debt, you then have more money to put into savings. Wouldn't it be nice to have extra money for vacations, large purchases and retirement? The program has given you the tools, so the rest is up to you. We never forget that it's your money.

As you move through your program, please call or email VyStar with your questions or ideas. Remember...you are not alone in your Money Makeover. We will be there to assist you every cent of the way.


We never forget that it's your money.

## www.vystarcu.org 904-777-6000 • 1-800-445-6289


[^0]:    Number of Dependents (including yourself)

[^1]:    TOTAL FLEXIBLE EXPENSES
    \$

