



Resource Management & Budget Exercise Handout

Getting Real About What I'm In Relationships With

Make a list of where you are spending your energy, time, money, resources & thoughts.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



Budget

It is important for us all to have a budget for success! Create a budget for finances, investment of energy and a budget for time. There are many different budgeting tools out there that you can use, and you can also use the blank schedule & budget below within the curriculum. The format for budgeting is not as important as getting it down on paper and beginning to implement it in your life.



Schedule

MY BUDGET SHEET

WEEK: _____

INCOME:	AMOUNT:
Allowance:	_____
Earnings:	_____
Gifts: (birthdays/holidays)	_____
Other:	_____
INCOME TOTAL:	_____

FIXED EXPENSES:	AMOUNT:
_____	_____
_____	_____
_____	_____
_____	_____
FIXED EXPENSES TOTAL:	_____

INCOME TOTAL - FIXED EXPENSES TOTAL=: _____

OTHER/UNEXPECTED EXPENSES:	AMOUNT:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
OTHER EXPENSES TOTAL:	_____



Create a weekly schedule; include dates with yourself that are steps towards meeting your goals. There's a saying, "If the devil can't make you bad, he'll make you busy." Make sure you are creating a realistic, balanced and supportive schedule that allows for time and energy to take care of yourself and your responsibilities.

Monday

Tuesday

Wednesday

Thursday



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Friday

Saturday

Sunday



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