

Goal Setting WORKSHEET

- IT'S A -
**MONEY
THING**[®]

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.

BROUGHT TO YOU BY

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FEDERAL CREDIT UNION

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