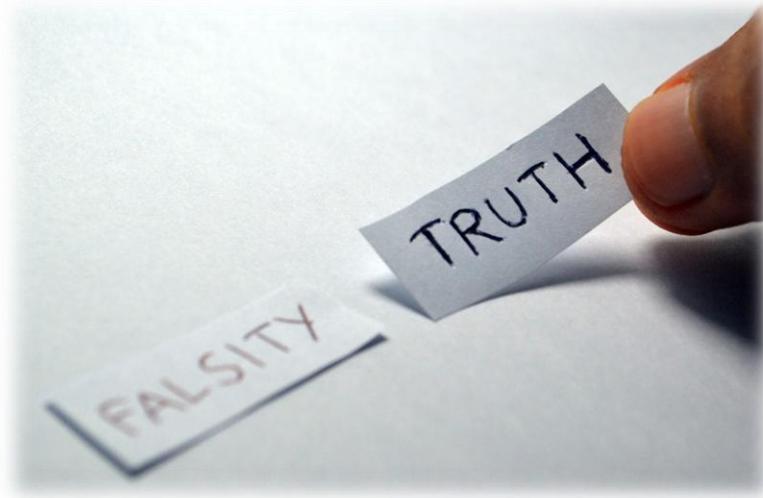


Myths VS Truths



Some of the main reasons people don't start a budget is because they honestly believe they don't need one (that's a myth people) and it's too hard (it's not). The first step is to know the difference.

Myths

1. I don't need to budget: The most common thing I hear from people who don't budget is "I do it in my head" and "I budget by keeping track of everything I spend". If you are budgeting in your brain, and you have a spouse, hang on to your pants, because they have no idea what magic budget you are creating in your head. This is where spending and money can cause conflicts. Budgeting is looking towards the future. You have to budget for the money you haven't spent yet.

2. Budgeting is boring: I can say one thing, if budgeting isn't fun – you are completely doing it wrong. In budgeting we have a list of things we LOVE and NEED. At first you might only have enough for "Need" items, but the fun part about budgeting are the "LOVES" that are further down our budgeting list. You budget to achieve your "LOVES"

Truths

1. You can't have everything you want right this minute: It's one of the leading causes for overspending. When you budget you have to "give up" a lot of your current WANTS to achieve a life you really LOVE. We DO budget to achieve the things we want now by having a plan (budget) for that item and not going into debt to achieve it. The truth is, budgeting keeps you focused on your money goals.

2. You have to want it and make it work: In order to achieve budgeting success, you are going to have to want it. You have to make it work. A lot of the time people create unrealistic budgets expecting them to work and then end up hating budgeting because they failed at it. You have to personalize your budget. You really don't know what you are spending your money on until it's on paper sitting in front of your nose. Budgeting makes you aware of what is actually going on with your money.



3. Budgeting saves you money: How can you even begin to save for something when you are not even sure where your money is going? You have to be able to save for unexpected costs. When you are a successful budgeter, who I hope all of you become, you can eliminate unnecessary spending like late fees and interest. Budgeting gives you better control over your savings by planning for it now so you have it in the future.