
The Balancing Act:

A Recipe for Success



Everyone has resources. These are things that help people obtain what they want. Resources can be non-human, like time, money, tangible materials, goods, or even land. It could also be human, like one's abilities, knowledge, or skills.

Knowing what your values are and setting reasonable goals will help you decide how to make the best use of your resources.

My short-term goal:

What kinds of resources do I have?

What do I use my resources for?



What monetary resources do I have to work with now?
(Write amounts next to the appropriate category.)

Wages \$ _____

Social Security \$ _____

Unemployment Insurance \$ _____

Welfare/SNAP \$ _____

Interest/Dividends \$ _____

Child Support \$ _____

Other \$ _____

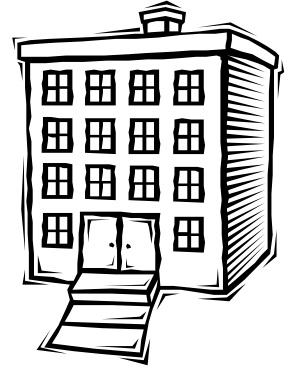


Total Income
\$ _____

The amount of monetary resources you have only partially affects whether you obtain your goal or not. How you use what you have is more important.

How do I use these resources every month?

(Write amounts next to the appropriate category.)



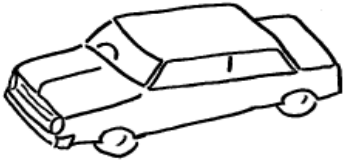
Rent/Utilities \$ _____

Food & Supplies \$ _____

School \$ _____

Clothing & Laundry \$ _____

Health/Medical \$ _____



Transportation \$ _____

Gifts/Donations \$ _____



Fun & Entertainment \$ _____

Savings \$ _____

Miscellaneous \$ _____

Total Expenses

Per Month

\$ _____

Many people want more than they can easily purchase. Realizing where your money currently goes can help you redistribute your funds to make a plan that will work for you. This budget can assist you by controlling expenses that might get in the way of reaching your goals.

*On the envelopes below,
write the amount of money
you think you will need for
this month.*

School

\$ _____

Health/Medical

\$ _____

Rent/Utilities

\$ _____

Clothing/Laundry

\$ _____

Savings

\$ _____

Transportation

\$ _____

Fun/Entertainment

\$ _____

Food & Supplies	
Week #1	\$ _____
Week #2	\$ _____
Week #3	\$ _____
Week #4	\$ _____
Week #5	\$ _____

Miscellaneous

\$ _____

Gifts/Donation

\$ _____

**Food & Money Basics
Recipe Box**

**Remember, a
good recipe is
adjusted and
worked on until
it's just right for
the cook!**