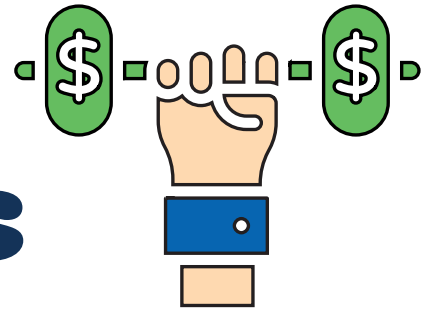


Quick Financial Health Exercises



Recognize Your Earnings

- Write down every source of money coming in this month
- Every dollar is a building block toward your goals.

Plan Your Spending

- List your categories: Housing, Food, Transportation, Debt, Savings, and Personal.
- Decide how much you choose to spend in each. You're the boss of your money!



Track Every Dollar

- Record what you spend.
- Track your money and take charge. Knowledge is power.

Set Bold Goals

Select 2-3 habits to work on this month, such as saving a target amount, tracking every purchase, or cutting unnecessary spending.

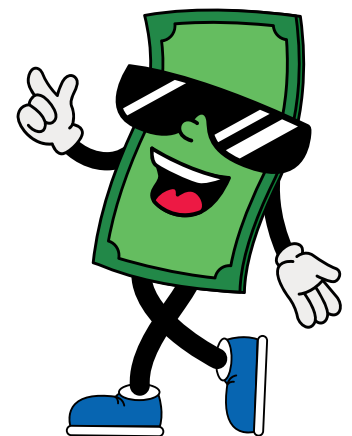


Celebrate Your Progress

- Review your progress each day or week.
- Celebrate what's going well and adjust what's not.

Reflect and Plan Ahead

- Review your income and spending, total your savings, and celebrate your progress.
- Choose 1 or 2 actionable steps for next month to keep leveling up your financial game.
- Use the "Make a Budget" worksheet at go.uta.edu/mbw to help you create your goal



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