

Spending Leaks Worksheet

DIRECTIONS:

1. Scan the list and check items that you regularly purchase. Then go back to each one and list the cost of the item; the number of times your buy it per week or month.
2. Next multiply the cost of the item by the number of times your purchase it and then multiply that number by 12 (if a monthly item) or by 52 (if a weekly item).
3. Total all your items to see how much money you can save in one year.
4. **Select one item you would reduce and put that money into a savings account.**

I Buy: ✓ All that apply	Item	Cost	Number of Items purchased	Cost per week (Cost per item x number of items per week)	Cost per month (Cost per item x number of items per month)	Total Cost per Year (Multiply by week=52 or multiply by month=12)
	Soda/Sweet Tea	\$		\$		\$
	Candy	\$		\$		\$
	Cigarettes	\$		\$		\$
	Alcohol	\$		\$		\$
	Bottled Water Singles	\$		\$		\$
	Fast food	\$		\$		\$
	Coffee/energy drinks	\$		\$		\$
	Vending machines	\$		\$		\$
	Dining out	\$		\$		\$
	Movie tickets & goodies	\$		\$		\$
	Music-Game downloads	\$		\$		\$
	Hair, nails, facials, massages	\$		\$		\$
	Gifts	\$		\$		\$
	Recreational shopping	\$		\$		\$
	New clothes/shoes	\$		\$		\$
	Lottery tickets	\$		\$		\$
	Payday loans	\$		\$		\$
	Overdraft Fees					
	TOTAL			Annual Total		\$

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To Pay Myself First

Write down the type of item you will reduce:

How much will you commit to save each pay period? \$_____

Make the savings invisible by direct depositing the amount of money you save into a Vacation or Holiday savings club.

When will you start? _____

Write your goal

I, _____ will commit to save money by reducing my spending on _____ by \$_____ each pay period and deposit that money into a special savings account beginning on _____.

Signed _____ Date _____