

Budgeting in Real Life

GoSkills online course syllabus

Skill level

Beginner

Lessons

19

Pre-requisites

No prior experience needed

Video duration

40m

Estimated study time

43m 51s

Instructor

Natalie Taylor

Introduction

1 How to create a budget

Although you may have attempted to create a budget before, most budgets are set up to fail, which is why it's essential to create a budget that works in real life.

Get Clarity on Why You Budget

2 Start with values

Knowing your core values will help you align the way you spend your money (and your time) with what's most important to you.

3 Set excellent goals

Establishing and prioritizing your goals helps you determine what budgeting will actually help you accomplish.

4 Pick your system and set up your budget

Whether you use an app, a spreadsheet, envelopes or cash, pick a system that will be sustainable for you.

The Urge to Splurge

5 Balance spending and saving to excel

Creating a separate account for saving, spending and splurging sets you up for success at a foundational level.

6 How to make fun part of your budget

Whether you like to splurge on little things often or bigger things every now and then, your fun account is there so that you have guilt-free splurge money.

When No Month Is Normal

- 7** **How non-monthly expenses throw off your budget**
Proactively planning for non-monthly expenses gives you a stash of cash to use when expenses pop up.
- 8** **Using non-monthly savings to "monthletize" expenses**
Similar to your fun account, use the cash in your non-monthly savings account when things like your auto insurance bill or your real estate tax bill pop up.

But I Can't Change

- 9** **Money beliefs and their power**
Subconscious thoughts, beliefs and feelings, often rooted in childhood experiences, have a huge influence on how you deal with money.
- 10** **Changing your money beliefs**
Becoming a student of your inner dialogue will lead you to some interesting insights.

Control Your Environment

- 11** **What your environment looks like**
You're exposed to thousands of ads per day by companies trying to get your money.
- 12** **How to control your environment**
You are constantly bombarded by opportunities to buy.

There Isn't Enough to Go Around

- 13** **Find the problem**
If budgeting is frustrating because it feels like there simply isn't enough to go around, start by determining where the problem is so you can solve it.
- 14** **Move your boulders and pebbles**
Your budget issues may stem from small-ticket items or big-ticket items -- your pebbles or boulders.
- 15** **What if income is the problem?**
Not having enough income will throw off your budget.

My Income Is Inconsistent

16 Common pitfalls for those with inconsistent income
Saving the same dollar amount every month is tough when your income fluctuates.

17 Cover your monthly minimum
If you have an inconsistent income, you need to start figuring out how much you need to cover your monthly expenses.

18 Make progress on goals by percentage
Making contribution to your budget based on percentages is a way to balance at an infrastructure level.

Conclusion

19 A good budget is set for success
Thank you for watching this course!

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