

Spending Diary



When planning a budget, it is important to understand where the money goes, what expenses need to be paid and how often payments need to be made.

You can track your spending habits using a Spending Diary. Use this list to start recording your spending habits.

This will help you and/or your financial counsellor prepare a manageable and realistic budget, for the continued successful management of your finances.

Reviewing your spending habits in a range of areas will help contribute to a healthier budget.

These may include:

Reviewing how you could save on grocery shopping

- Where you shop (i.e. which supermarket or group of shops you buy your groceries from)
- How you shop (i.e. travelling to shopping)
- Supplementing grocery items (i.e. are there cheaper versions of products you regularly buy)
- Shopping for fruit and vegetables effectively (i.e. buy fruit and veg that are seasonal)
- One big shop or lots of trips to the shops?

Reviewing your Transport Costs

- How do you get to and from where you need to (i.e. public transport, community bus or private car, family members)
- Do you shop around for competitive fuel prices
- Could you and your family and friends share a car to get to common places (i.e. shopping)
- Do you buy a 'metro ticket' or single bus tickets (Metro cards will be cheaper)

These are just a couple of examples of how you could review your spending habits to build a healthy budget. You will know what other areas are important for you to explore.

