

### The Notebook

### How to Use This Notebook Section 7: Lesson 7 Target Practice

- 1. These worksheets will show your progress from month to month in three key areas. There are four copies of each of the three worksheets.
- 2. The *Next Step* pages will record your steps for changing your money dynamic. These next steps will become a permanent record of your commitment to being balanced and healthy.
- 3. Make extra copies as needed.
- 4. Don't feel overwhelmed, you don't need exact numbers, just enough so you can see the progress you are making.

The Money Dynamic					
My Spending Plan					
MONTH:					
MONEY IN:	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
List all monthly income	777	777	777	777	777
List all monthly income					
Total Money In					
MONEY OUT:					
List all money spent by ca	tegory				
Rent or mortgage					
Electricity					
Heat					
Phone					
Total Money out					
Money in less Money out					
mark and the state of			1 I		
Each month answer these			book:		
How did you do on a scale	e of 1 to 5 with 5	being great?			
If you spont we are the	- با دمن خطور روم طارر	con	ما ما:44میرمیمهایی برد	+ m an+h?	
If you spent more than yo	ou prougnt in; ho	w can you spen	a differently nex	t montn?	
What do you want to cha	nge to make ye	r plan fluid flas	vible and from?		
vviiat uo you wallt to tild	iige to iliake you	i pian nuiu, nex	and nee!		

MONEY IN: \$\$\$ \$\$\$ \$\$\$ \$\$\$
MONEY IN: \$\$\$ \$\$\$ \$\$\$ \$\$\$
MONTH:         \$\$\$         \$\$\$\$\$         \$\$\$\$\$         \$\$\$\$\$         \$\$\$\$\$         \$\$\$\$\$\$         \$\$\$\$\$\$         \$\$\$\$\$\$         \$\$\$\$\$\$         \$\$\$\$\$\$         \$\$\$\$\$\$\$         \$\$\$\$\$\$\$         \$\$\$\$\$\$\$\$         \$\$\$\$\$\$\$\$\$         \$\$\$\$\$\$\$\$\$\$         \$\$\$\$\$\$\$\$\$\$\$\$         \$\$\$\$\$\$\$\$\$\$\$\$\$\$         \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$         \$
MONEY IN: \$\$\$ \$\$\$ \$\$\$ \$\$\$
Total Money In
MONEY OUT:
List all money spent by category
Rent or mortgage
Electricity
Heat
Phone
Total Money out
Total Money out
Money in less Money out
William In 1635 William State
Each month answer these questions in your money notebook:
How did you do on a scale of 1 to 5 with 5 being great?
The title you do on a soule of 1 to 5 with 5 being great.
If you spent more than you brought in; how can you spend differently next month?
, ou open a more than you brought my now our you open a amerently heat month.
What do you want to change to make your plan fluid, flexible and free?
, , , , , , , , , , , , , , , , , , , ,

The Money Dynamic					
My Spending Plan					
MONTH:					
		1			
MONEY IN:	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
List all monthly income					
Total Money In					
,			1		
MONEY OUT:					
List all money spent by cate	egory				
Rent or mortgage					
Electricity					
Heat					
Phone					
Total Money out					
Money in less Money out					
· · ·		•			
Each month answer these How did you do on a scale			book:		
If you spent more than you	brought in; ho	ow can you sper	nd differently nex	t month?	
What do you want to chan	ge to make you	ır plan fluid, flex	kible and free?		

The Money Dynamic					
My Spending Plan					
MONTH:					
		1			
MONEY IN:	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
List all monthly income					
Total Money In					
,		!	-		
MONEY OUT:					
List all money spent by cate	egory				
Rent or mortgage					
Electricity					
Heat					
Phone					
Total Money out					
Money in less Money out					
-,, 500					
Each month answer these How did you do on a scale			book:		
If you spent more than you	ı brought in; ho	w can you spen	d differently nex	t month?	
What do you want to chan	ge to make you	ır plan fluid, flex	xible and free?		

Лу Savings Worksheet					
MONTH:					
ist all savings accounts	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
Total Savings					
ist all investment accounts	3				
Total Investments					
int all matimum and a new material					
ist all retirement accounts					
Total Retirement					
TOTAL ALL SAVINGS					
Answer these questions in your mo	oney notebook eac	h month:			
s your savings growing?					
s there anything you want t	to change?				

The Money Dynamic					
My Savings Worksheet					
MONTH:					
					I
List all savings accounts	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
Total Savings					
List all investment account	ts 				
Total Investments					
List all retirement accounts	•				
List an retirement accounts	<b>,</b>				
Total Retirement					
TOTAL ALL SAVINGS					
TOTAL ALL SAVINGS					
Answer these questions in your m	noney notebook each	n month:			
, ,	,				
Is your savings growing?					
Is there anything you want	to change?				

MONTH:					
-					
List all savings accounts	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$
The Money Dynamic  My Savings Worksheet					
iviy saviligs worksheet					
MONTH:					
List all savings accounts	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$
List all investment accounts					
Total Savings					
Intal Savings 1					
List all investment accounts					
List all investment accounts					
List all investment accounts List all retirement accounts					
List all investment accounts					
List all investment accounts List all retirement accounts					
List all investment accounts  List all retirement accounts  Total Investments					
List all investment accounts  List all retirement accounts  Total Investments  List all retirement accounts		ch month:			
List all investment accounts  List all retirement accounts  Total Investments  List all retirement accounts  TOTAL ALL SAVINGS  Answer these questions in your mo		ch month:			
List all investment accounts  List all retirement accounts  Total Investments  List all retirement accounts  TOTAL ALL SAVINGS  Answer these questions in your models your savings growing?		ch month:			
List all investment accounts  List all retirement accounts  Total Investments  List all retirement accounts  TOTAL ALL SAVINGS  Answer these questions in your mo		ich month:			
List all investment accounts  List all retirement accounts  Total Investments  List all retirement accounts  TOTAL ALL SAVINGS  Answer these questions in your models your savings growing?		ch month:			
List all investment accounts  List all retirement accounts  Total Investments  List all retirement accounts  TOTAL ALL SAVINGS  Answer these questions in your models your savings growing?  Total Retirement	ney notebook ea				

The Money Dynamic					
My Savings Worksheet					
MONTH:					
List all savings accounts	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
			, , ,		, , ,
Total Savings					
List all investment accounts					
List all investment accounts					
Total Investments					
Total investments					
List all retirement accounts				1	
Total Retirement					
TOTAL ALL SAVINGS					
TOTAL ALL SAVINGS					
Answer these questions in your mo	ney notebook eacl	h month:			
Is your savings growing?					
Is there anything you want to	o chanae?				

Month:					
List all credit card balances	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
List all savings accounts	<b>ب</b> رب	γγγ	777	777	۲۰۰
Total Savings					
Total Credit Cards					
List all short-term loans					
(car, boat, etc.)					
Total Short-term					
Lotal Invoctments			•	11	
List all long-term loans					
(student loan, home, etc.) List all retirement accounts					
List dil lettlement decodits					
Total Retirement Total Long-term					
Total Long-term					
TOTAL ALL SAVINGS					
i Otal All Deut	1				
Answer these questions each mo	anth in vour mo	nev notehook:			
Answer these questions each me	ontii iii yodi iiio	ney notebook.			
Is your debt shrinking?					
o your accessmang,					

Month:					
List all credit card balances	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
Total Credit Cards					
ist all short-term loans	l .	1			
(car, boat, etc.)					
Total Short-term					
ist all long-term loans	1	T	T		
(student loan, home, etc.)					
Total Long-term					
Total All Debt					
Answer these questions each mo	onth in your moi	пеу потероок:			
s your debt shrinking?					
, , car acat similaring:					
s there anything you want to ch					

Month:					
List all credit card balances	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
Total Credit Cards					
ist all short-term loans	l .	1			
(car, boat, etc.)					
Total Short-term					
ist all long-term loans	1	T	T		
(student loan, home, etc.)					
Total Long-term					
Total All Debt					
Answer these questions each mo	onth in your moi	пеу потероок:			
s your debt shrinking?					
, , car acat similaring:					
s there anything you want to ch					

Month:					
List all credit card balances	\$\$\$	\$\$\$	\$\$\$	\$\$\$	\$\$\$
Total Credit Cards					
ist all short-term loans	l .	1			
(car, boat, etc.)					
Total Short-term					
ist all long-term loans	1	T	T		
(student loan, home, etc.)					
Total Long-term					
Total All Debt					
Answer these questions each mo	onth in your moi	пеу потероок:			
s your debt shrinking?					
, , car acat similaring:					
s there anything you want to ch					









Notes	

Note	es .

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes	

Notes		

Notes		

Notes		