



# LOOKING BACK: A Self-Reflection

## Financial Management Worksheet

### SOURCES OF INCOME

List your sources of income here. Examples of sources of income include, but may not be limited to, money you earn from a part or full-time job, money you receive from your parents to help defray the cost of college, or money you receive from financial aid. Create a monthly and/or weekly average income by adding all of your sources together.

Income Source #1: \_\_\_\_\_ /Month: \_\_\_\_\_ /Week: \_\_\_\_\_  
 Income Source #2: \_\_\_\_\_ /Month: \_\_\_\_\_ /Week: \_\_\_\_\_  
 Income Source #3: \_\_\_\_\_ /Month: \_\_\_\_\_ /Week: \_\_\_\_\_  
 Income Source #4: \_\_\_\_\_ /Month: \_\_\_\_\_ /Week: \_\_\_\_\_  
 Total: \_\_\_\_\_ / Total: \_\_\_\_\_

### LIST OF EXPENSES

List your expenditures here. These include the money you spend eating out at restaurants, on clothes, at the grocery store, gasoline costs, public transportation (bus or train) costs, going to the movies, buying new music, or supplies for school. They might also include rent, utilities, cable TV, or high speed internet costs. Once you compile the list, calculate the monthly and/or weekly amount spent on each item. Then, rate the item according to how necessary it is: 1 for extremely necessary, 2 for somewhat necessary, 3 for not necessary. Compare your monthly or weekly costs to the total above. If you have money left over, you're in the "green" and are able to put this money in your savings account. If you don't have enough money to cover your expenses, you're in the "red" and should work on eliminating (or cutting down on) a few unnecessary expenses. If your expenses exceed the number of spaces provided, use a separate sheet of paper.

Type of Expense	Amnt Monthly	Amnt Weekly	Rating
1. _____	\$ _____	\$ _____	1 2 3
2. _____	\$ _____	\$ _____	1 2 3
3. _____	\$ _____	\$ _____	1 2 3
Total: \$ _____		Total: \$ _____	

