



Taking Control

HAVING ENOUGH
WHEN I NEED IT
MOST

From Ilana's Desk



Taking control of your money means knowing where it comes from and where it goes.

Often, because of the way money comes to us - in chunks- we think of it that way. A 'chunk' comes in as salary or business income and there it is. We spend until the chunk isn't there any more and then we have to make do until the next chunk arrives.

I want you to think of money as a flow, instead. Sometimes money comes in, sometimes it goes out. It is always moving and your job is to balance that ebb and flow so there is always money available to you. You never want the flow to run dry.

Just being aware of whether you are spending within your means is incredibly important.

Abundantly yours,

Ilana

Contact me:

Ilana Jankowitz | Email: ilana@MindfulMoneyCoaching.com | Calendar: <https://calendly.com/moneymagic>



M i n d f u l M o n e y C o a c h i n g . c o m

SUMMARY OF MONTHLY FLOW

Go through all your bank accounts and credit cards and make a note of how your money flows. See where money comes in first - salary, sales and any other regular income. Then see where it leaves - bills, repaying debt, rent, household expenses and so on.

If you have income or expenses which happen once a year (perhaps you pay for your house insurance all in one go) then divide the amount by 12 and use that figure for this exercise.

If you are a business owner, you might recognise the principles here as 'cashflow planning' - usually done on a spreadsheet with all the income and expenses for each month laid out. This exercise is looking at the cashflow for your personal situation as well as your business.

If you keep your business and personal spending completely separate (e.g. if your business is incorporated) then you can do this exercise for each separately. Just remember that if your business pays you, it is income on your personal flow and an expense on your business flow!

MONTHLY INCOME SUMMARY

Salary (wages)

Business income (sales)

Interest Income

Other

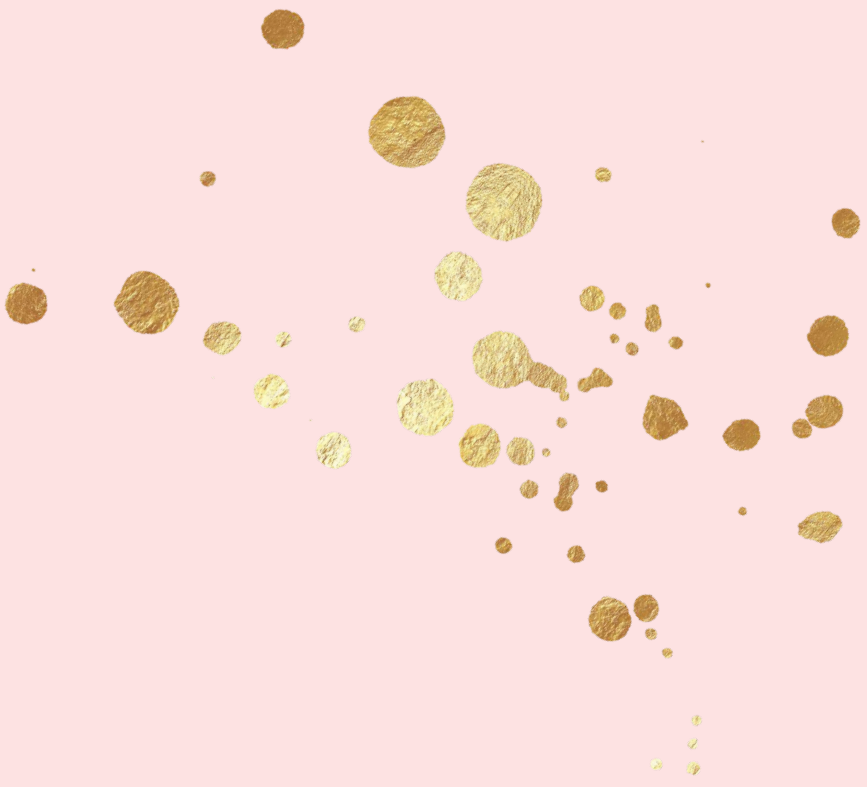
Total Monthly Income

SUMMARY OF PERSONAL EXPENSES

Mortgage, Rent	
Loans	
Credit Cards	
Taxes	
Phone	
Utilities	
Food/ Groceries	
Laundry/ Cleaning	
Personal Care	
Childcare	
Insurance (Auto)	
Travel	
Meals	
Prof. fees	
Total	

SUMMARY OF BUSINESS EXPENSES

Advertising	
Accounting	
Taxes	
Phone	
Utilities	
Education	
Total	



Notes

