

Financial Healing for Life

Operated by Pay It Forward Properties LLC

My monthly income

Month / year:

Private self-review. Share your numbers only if you choose.

1. Use take-home income and monthly expense amounts in US dollars.
2. Weekly x 52 / 12; every two weeks x 26 / 12; twice monthly x 2.
3. Divide annual bills by 12. These conversions are monthly averages.
4. Count each item once. Exclude costs already deducted from your pay.
5. Borrowed money and transfers from savings are not new income.

INCOME SOURCES		Monthly \$
Job 1 / take-home pay		
Job 2 / take-home pay		
Partner / household take-home pay		
Self-employment (after business costs)		
Side work / affiliate income		
Social Security / pension		
Disability / unemployment benefits		
Support received		
Rental income (after property costs)		
Other income:		
Other income:		
Other income:		

ADD ALL INCOME ABOVE		Monthly \$
TOTAL MONTHLY INCOME (A)		

Use a realistic estimate for irregular income. Add notes below:

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My monthly expenses - part 1

Month / year:

Private self-review. Share your numbers only if you choose.

Include everyday spending as monthly totals. Use 0 where appropriate.

HOUSING, DAILY LIVING & ESSENTIAL COSTS	Monthly \$
Rent / mortgage	
RV space / lot rent / HOA	
Electricity	
Gas / propane / heating	
Water / sewer / trash	
Phone	
Internet	
Home / renters insurance	
Property tax (if not in mortgage)	
Home upkeep / repairs	
Groceries	
Dining out / takeout	
Coffee / snacks	
Household / cleaning supplies	
Car payment	
Fuel / charging	
Auto insurance	
Vehicle repairs / registration	
Transit / rideshare / parking	
Health insurance (not payroll deducted)	
Medical / dental / prescriptions	
Childcare / school costs	
ADD EXPENSES ON THIS PAGE	Monthly \$
EXPENSE SUBTOTAL - PAGE 2 (B)	

Do not count insurance or property tax again if included in your mortgage.

Fillable PDF: enter totals yourself. Excel calculates totals automatically.

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My monthly expenses - part 2

Month / year:

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OTHER COSTS & YOUR OWN ITEMS		Monthly \$
Pet food / veterinary / grooming		
Clothing / personal care		
Credit card debt repayment*		
Student loan payment		
Other loan / debt payments		
Support paid		
Help for family / friends		
Gifts / donations		
Subscriptions / streaming / apps		
Entertainment / hobbies		
Travel / holidays		
Taxes not already withheld		
Other expense:		
Other expense:		
Other expense:		
Other expense:		
Other expense:		
Other expense:		
Other expense:		
Other expense:		

ADD EXPENSES ON THIS PAGE		Monthly \$
EXPENSE SUBTOTAL - PAGE 3 (C)		

*Credit cards: record purchases in their categories; record older debt here.

Do not count the same purchases again as a card payment.

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My monthly result and next step

Month / year:

Private self-review. Share your numbers only if you choose.

OPTIONAL SAVINGS / INVESTMENT TRANSFERS		Monthly \$
Emergency savings		
Retirement / investments (not payroll deducted)		
Other savings goal:		
Other savings goal:		
TOTAL SET ASIDE (E)		

Total monthly income (A, page 1)

Total expenses (D = page 2 subtotal B + page 3 subtotal C)

Income minus expenses (A - D)

Savings / investment transfers (E)

Remaining after setting aside (A - D - E)

Positive = surplus. Negative = shortfall. Zero = break-even.

A surplus is available money, not savings until set aside. Transfers are optional.

What is contributing to my financial stress?

One change I am ready to make:

Explore: higher income / affordable housing / ownership and investing.