

## Budgeting & Keeping Track

Put simply, budgeting is about creating a plan for how to spend your money. It helps you make sound financial decisions, be more financially resilient and in control of your money. It can also help you stay focused on your money goals. This interactive workshop introduces a range of budgeting tools and tips on how to keep track of your spending.

### This Session Covers The Following Topics:

#### Financial Wellbeing

Establishing Your Money Goals

Understanding Spending Triggers  
and Spending Priorities

#### How to Budget

Savvy Spending & Boosting Income

Introduction To Organisations Offering  
Free, Credible Support and Information

**Attendees will get a copy of our Money Manual,  
our essential guide to managing your money well.**

For 30 years, The Money Charity has been helping people from all walks of life to take control of their finances, become financially capable and achieve Financial Wellbeing.

As a charity, we are independent and impartial, meaning  
we never endorse or promote any financial products.



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