



Disabilities and Finance

Part 2: Budgeting

Sample Budget Worksheet

There are numerous resources to help you itemize your budget. Here are a few:

- [ATB Monthly Budget Worksheet](#)
- [My Money Coach Expense Calculator and Tracker](#)
- Various apps (some have a fee associated with them)

Different Budgeting Methods

- 50/30/20 - flexible
- Envelope system - helps curb spending
- Reverse budget - pay yourself first
- Zero based budget - utilize every dollar

Brandy's contact information

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