

## STEP 1: DETERMINE THE VALUE OF EACH BLOCK


Now that you've collected your income and expenses, you're probably excited to get started. But it's not time to dive straight into the blocks just yet. Instead, let's talk about values. Values are the core of what's most important in your life. Read through the list of values below and circle the ones that resonate the most with you. If you are working with a significant other, choose two different colored pens or markers so you and your partner can circle your own values. Then, see if there are any values that overlap. If you need help, think back to times in your life when you were most happy. What about those experiences made you feel that way? What core values did that support? Once you've identified those, narrow your list to your top five values.

<i>Achievement</i>	<i>Freedom</i>	<i>Luxury</i>	<i>Risk-taking</i>
<i>Action</i>	<i>Frugality</i>	<i>Meaningful Work</i>	<i>Security</i>
<i>Activism</i>	<i>Fun</i>	<i>Mindfulness</i>	<i>Service</i>
<i>Adventure</i>	<i>Generosity</i>	<i>Nature</i>	<i>Simplicity</i>
<i>Art</i>	<i>Growth</i>	<i>Open-mindedness</i>	<i>Solitude</i>
<i>Beauty</i>	<i>Hard Work</i>	<i>Order</i>	<i>Spirituality</i>
<i>Comfort</i>	<i>Health</i>	<i>Originality</i>	<i>Stability</i>
<i>Community</i>	<i>Home</i>	<i>Peace</i>	<i>Success</i>
<i>Competition</i>	<i>Humanitarianism</i>	<i>Perfection</i>	<i>Teaching</i>
<i>Contentment</i>	<i>Humor</i>	<i>Pleasure</i>	<i>Tradition</i>
<i>Creativity</i>	<i>Independence</i>	<i>Power</i>	<i>Truth</i>
<i>Discipline</i>	<i>Influence</i>	<i>Productivity</i>	<i>Unity</i>
<i>Discovery</i>	<i>Innovation</i>	<i>Quality</i>	<i>Virtue</i>
<i>Environmentalism</i>	<i>Integrity</i>	<i>Reason</i>	<i>Wealth</i>
<i>Excitement</i>	<i>Joy</i>	<i>Relationships</i>	<i>Other _____</i>
<i>Expertise</i>	<i>Justice</i>	<i>Reputation</i>	<i>Other _____</i>
<i>Faith</i>	<i>Knowledge</i>	<i>Resilience</i>	<i>Other _____</i>
<i>Fame</i>	<i>Love</i>	<i>Respect</i>	<i>Other _____</i>
<i>Family</i>	<i>Loyalty</i>	<i>Responsibility</i>	<i>Other _____</i>

## STEP 1: SET UP

Now it's time to dive in! Pick one month that you want to use for your Budgeting Blocks. Based on that month, note your total monthly income. Using that number, determine the value each block will be worth using the worksheet below:

IF YOUR TOTAL INCOME IS...	BLOCK VALUE:
<i>Less than \$2,500</i>	<b>\$10</b>
<i>\$2,501-\$3,750</i>	<b>\$15</b>
<i>\$3,751-\$5,000</i>	<b>\$20</b>
<i>\$5,001-\$6,250</i>	<b>\$25</b>
<i>\$6,251-\$7,500</i>	<b>\$30</b>
<i>\$7,501-\$10,000</i>	<b>\$40</b>
<i>\$10,001-\$12,500</i>	<b>\$50</b>
<i>\$12,501+</i>	<b>\$100</b>
<b>NOW IT'S TIME TO DIVE IN!</b>	
TOTAL MONTHLY INCOME:	
BLOCK VALUE BASED ON CHART: <i>(Value of each block)</i>	
TOTAL MONTHLY INCOME / BLOCK VALUE: <i>(Number of blocks to start)</i>	

 Create a label for each expense category with the included label sheet. Lay these labels out on a table in the fixed, variable fixed and discretionary groupings listed on the expense tracker worksheet.

## STEP 3: REVIEW YOUR SPENDING

Once you finish allocating all of your blocks in each expense category take a minute to answer the following questions:

*What is your initial reaction to seeing the blocks and how you have spent money? What, if anything surprised you?*

*Looking back at your values on page 12, where are you spending money that aligns with what's most important to you?*

*Are there any areas you wish you were spending **more** money? Why?*

*Are there any areas you wish you were spending **less** money? Why?*