# You and Your Money Worksheet

Adapted from K-State University

1. How would rank your spending habits?

Too thrifty

Easy going

Spend every cent

1. What do you enjoy spending money on?
2. What causes the most discussion about how you spend your money (from social worker, parents, or staff members)?
3. Within a few dollars, how much do you spend each month on:

Eating out

Bills (cell phone, rent, cable, car insurance, etc.)

Entertainment

Snacks, cigarettes, sodas

Gas for car

1. Do you feel any of you monthly expense are too high?

Which ones?

1. If you had to cut spending, what would you cut?
2. How would you pay an unexpected expense of $150?
3. If someone gave you $1000, what would you do with it?
4. How much do you put into savings each month?
5. How much do you have saved for emergencies?