

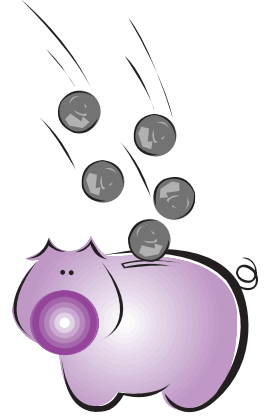
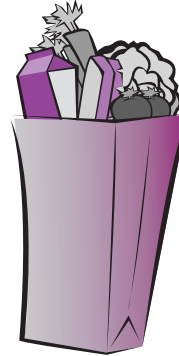
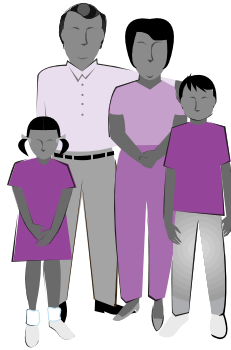


Make Spending Choices

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Fact Sheet

Make Spending Choices to Reach Your Goals



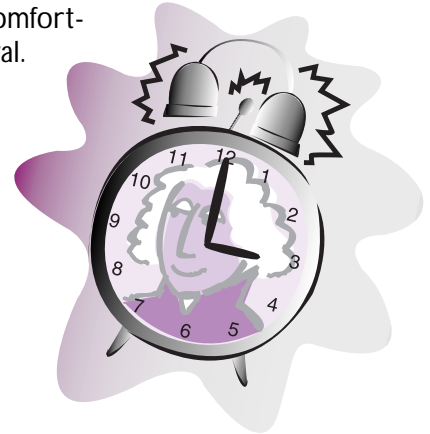
We have lots of choices to make about how to spend our money. These choices determine if we have the money to get the things we really need and want.

Needs are those things we must have for survival. We all need food, housing and clothing, but we don't have to spend a lot of money to get them.

Wants are those things that make our lives more comfortable and enjoyable. They aren't required for our survival. We need water, but we may want soft drinks.

Learn to tell the difference between wants and needs, then make spending choices to meet your needs first. It will probably take most of your money just to meet your food, housing and clothing needs.

Values are what you think is important for you and your family. They form our beliefs about what is good and desirable. The way we use our money shows our values.



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Goals are the things you want to do or accomplish. Think of a goal as the place you want to go when planning a trip. If you don't know where you want to go, you'll probably end up somewhere else. Like a roadmap, goals guide spending choices and actions. They help you choose what is most important and increase your chances of getting where you want to go.



Goals play an important part in making spending choices.

Decide which goals are most important and which ones you want to reach first. It helps to think about your goals in detail. Then you can know when you have reached them.

It is more helpful to say: "My goal is to plan menus for the week, prepare a shopping list and buy only those foods on the list," than to say "I want to spend less money on food."

Put a time limit on your goals. Some goals can be completed today or this week. Others may take a year or more to reach.

Write down your goals and place them on the refrigerator door or bathroom mirror, so you'll be reminded of them often.

There are lots of choices to make about how to meet your goals. Some choices will be better than others. Check out all possible ways, and decide the best for you. Then begin taking steps to reach your goals.

Stop and think about your goals before spending. Each spending choice you make will affect the amount of money you have for meeting your goals. Take time to make the best spending choices for you and your family.

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