



Your Financial Needs: Monthly Expenses

– Maria Tomlinson

Self-Employed Carer Coach

Founder of the Professional Carers Network





Deep Dive Into Your Finances

It's a really good idea to take a minute and work out how much money you actually need to live!

Are your habits are serving you well?





Deep Dive Into Your Finances

The idea of taking a deep dive into your finances is:

- Figure out how much money you need to bring in to make ends meet.
- Take on an appropriate amount of work and not run yourself into the ground.

The hope is that you can see that you are making enough money so that you can relax into your new business taking the stress away around whether you will have enough money coming in.

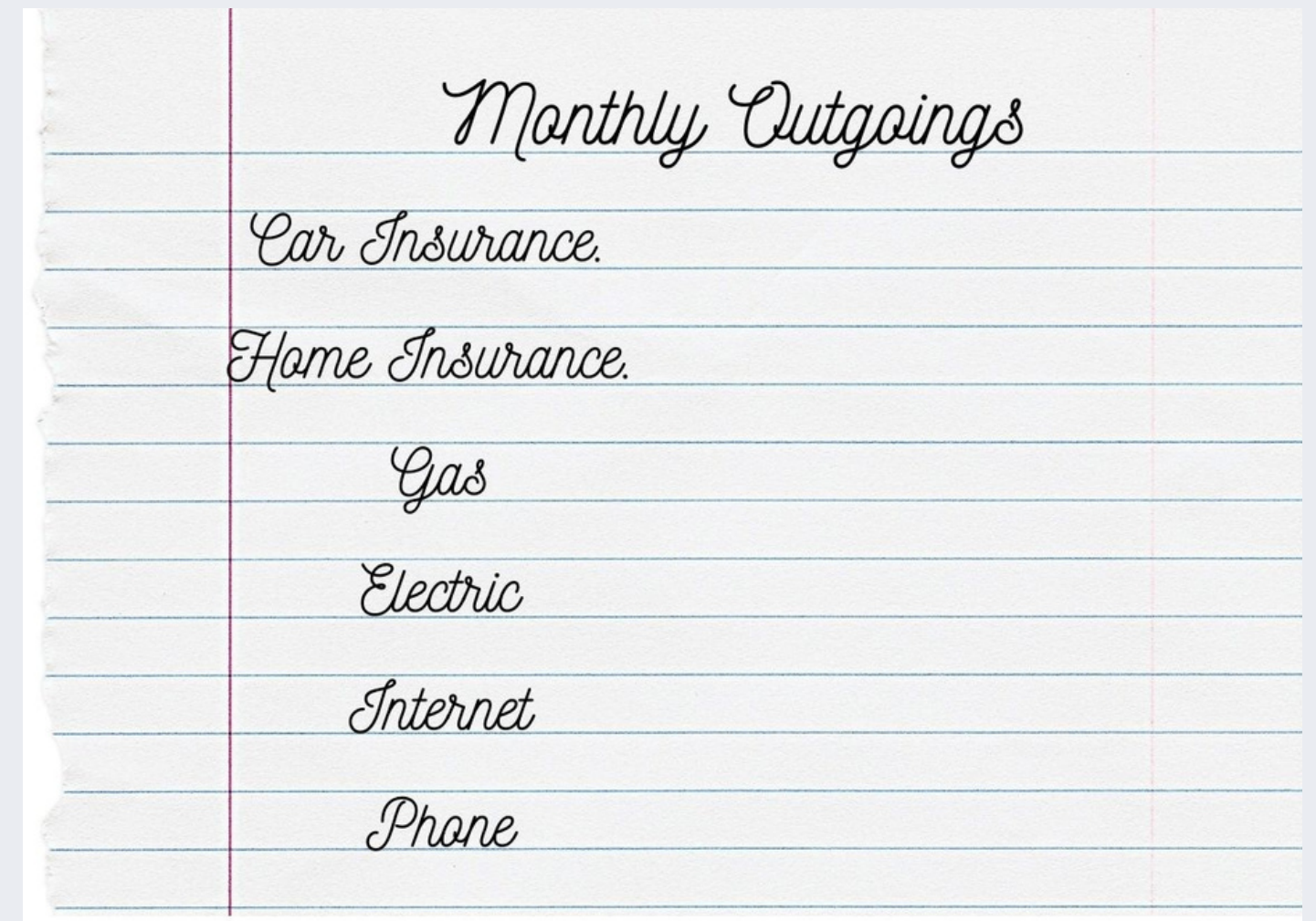




Monthly Bills That Must Be Paid

Task:

1. Go through your monthly expenses and write down everything that you need to pay each month.
2. Write down any yearly expenses you need to pay. (divide this figure by 12 to get a monthly cost)
3. Add everything up and work out the monthly figure to cover your bills.



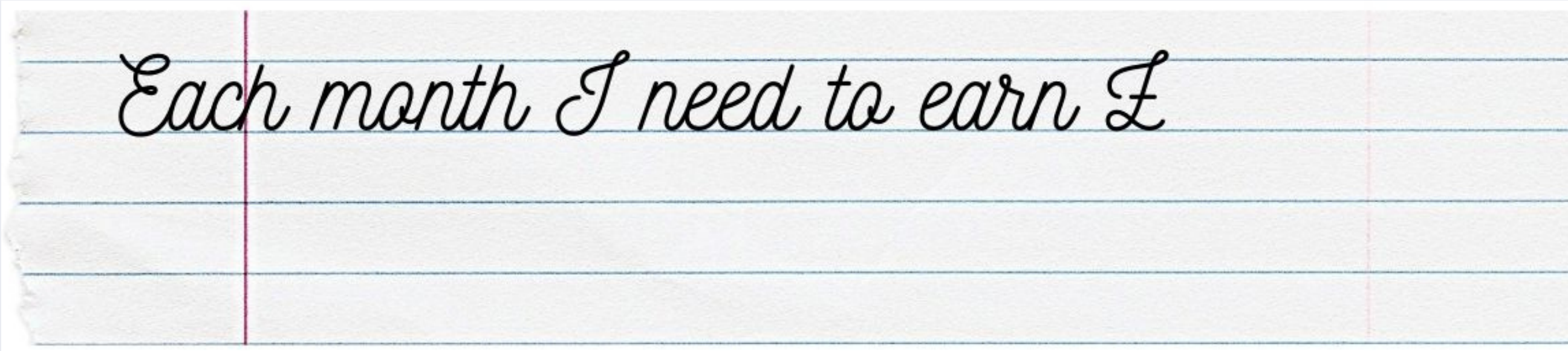
Monthly Outgoings	
Car Insurance.	
Home Insurance.	
Gas	
Electric	
Internet	
Phone	





I need To Earn..

Knowing the minimum amount that you need to earn helps you work out how much work you should take on.



Each month I need to earn £





Task:

Work out your monthly non-negotiable costs

