



# DRAWING UP A BUDGET TO REACH YOUR SAVINGS GOALS



Budgeting is one of the most effective ways of managing your money. If you're new to spending your money according to a budget it might seem like too much effort at first, or it could feel too restrictive. The reality is that you have far more to gain from working with a budget than without one. Being in control of your monthly finances is an incredibly rewarding feeling.



## FIVE BENEFITS OF BUDGETING

- Budgeting prevents you from overspending on things you often have nothing to show for. It puts you in control of your money.
- It helps you see how you can realistically reach the financial goals you have set.
- Not knowing if your money will take you to the end of each month is stressful. Working out a budget means you know exactly how much you allocate to all your different needs without having to worry about getting through the month.
- It can be flexible. If you decide to spend more on one need and less on another as the month goes by, that's fine, as long as you don't cut down on saving.
- It helps you save.



## HOW BUDGETING CAN HELP YOU SAVE

Drawing up a budget and sticking to it means you decide beforehand what you'll be spending your available money on. Changing to a savings mindset means that saving money should be the first priority in your budget.

When drawing up a budget and comparing it to previous months' spend, you will also see where you're wasting money or even just using it incorrectly. This 'wasted' monthly spend is money that can go towards savings and paying off debt. Seeing that you have more money than you thought will help you reach savings goals you previously thought were unattainable.



## TIPS TO MAKE MONTHLY BUDGETING SIMPLE

Budgeting doesn't have to be complicated and time-consuming. Use these simple tips to help make it a hassle-free, rewarding exercise:

### **Track your spending for a month**

This will show you exactly where your money is going and how even small amounts add up.

### **Look at three areas of your monthly spending you can improve on**

Most of us don't overspend in all categories, but only in a few. These could be cellphone usage, buying clothes we don't need or going out too often. Having tracked your spend for a month, these areas will show up. Choose three of these and start controlling your spend there.

### **Make saving your top priority**

Remember your goals and that the reason for your budget is to save.

### **Allocate percentages of your income**

If you have too many budget categories and you're struggling to decide how much to allow for each one, simplify your budget using the 50/20/30 Plan. Set aside 50% of your income for necessities, 20% for long-term savings, and 30% for lifestyle choices.

Use an online budgeting calculator to help you get started.

**This document is meant only as information and should not be taken as financial advice. For tailored financial advice, please contact your financial adviser.**

Google Play



App Store



AppGallery



### **Chat to Healthy Company for free advice**

Healthy Company is here for you. Access Healthy Company on the Discovery app, on our website at [www.discovery.co.za](http://www.discovery.co.za) or call us on 0800 320 420.