My Money Lesson 2: Spending Leaks Heather Greenwood, Family and Community Sciences agent, Fauquier County

Does your paycheck always run out before the next payday? Is it possible you could be wasting a few dollars each month? Take a few minutes to read the information below and complete the exercises.

Where to start?

Learn what causes or triggers you to spend money. It may be yard sales, bargains, or perhaps when you feel sad. What are your spending triggers? Circle those that describe you.

Sales	"Window shopping"	Holidays
Dollar stores	Feeling bored	Gifts
Catalogs	Feeling happy	New season
Cash in your pocket / purse	Feeling sad / angry	
Credit card	"I deserve this"	
Blank checks	Birthdays	
Money in the bank	ATM, check cards	

1. *Remove your triggers*. If yard sales make you spend money, reduce the number you visit. If cash in your pocket makes you spend, carry little or no cash. Circle or write your ideas to stop your triggers.

Assign children as the "money police"
Check out in the "no candy" line
Ask friends for support and encouragement
List things that cheer you up

2. Use the **Spending Emergency Card** each time you are tempted to spend money. Cut it out and place it in your wallet or purse. (See card on the back of this sheet.)



www.ext.vt.edu



Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2009

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark A. McCann, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Alma C. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg

VIRGINIA STATE UNIVERSITY

- 3. As a family, make spending rules. Common rules are listed below; add some of your own:
- A. Always shop with a list D. _____

B. Set spending limits for all spending areas.

<i>L</i> .			
Б			
E.			

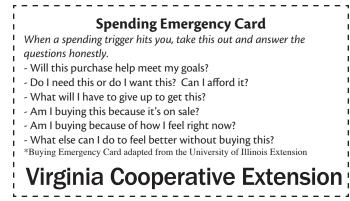
C. Don't spend more than you can afford. F. _____

Weekly Spending Log

Keep a record of your spending this week. It can help you learn about where your money goes.

Day	Time	Purchase	\$ Amount	My Feelings
			1	
			_	
	<u> </u>		-	
	<u> </u>		_	
	<u> </u>			
			_	
	<u> </u>		-	
	<u> </u>		_	
	<u> </u>		_	
	ł ł			
	<u> </u>			
	<u> </u>			
	<u> </u>			
	<u>↓</u>			

For more information, contact your local Virginia Cooperative Extension Office. It will be listed under the Government Section of your phone book.



Reviewed by Mabel Dianna Edlow, Extension specialist, Virginia State University