

For Review at First Counselling Session

**ACTUAL MONTHLY
COST OF LIVING**

Expenses paid every month (estimate cost per month)

Housing

Rent or mortgage _____
 Condominium fees or taxes _____
 Power, water, sewage _____
 Heating costs _____
 Telephone _____
 Cable _____

Food

Groceries and "non-food" _____
 Restaurants and fast food _____

Clothing

Monthly purchases _____
 Dry cleaning _____

Transportation

Car loan or lease _____
 Gas and oil _____
 Parking _____
 Bus/Taxi _____
 Car insurance (monthly) _____

Medical and Insurance

Health care _____
 Life insurance (monthly) _____
 Prescriptions _____

Recreation

Entertainment/sports/hobbies _____
 Liquor and cigarettes _____
 Babysitting _____

Contributions

Church and charities _____

Miscellaneous

Child support _____
 Daycare _____
 Personal care and hair _____
 Personal allowances _____
 Bank service charges _____
 Books and magazines _____
 Newspaper _____
 Other (specify) _____

Savings and Investments

Total Monthly Debt Payments _____

Monthly Expense Total \$ _____

Add: Monthly amount for irregular expenses \$ _____

Equals: **Total monthly cost of living** \$ _____

Irregular Expenses

Expenses paid quarterly, semi-annually, annually or Irregularly (estimate cost per year)

Medical

Dental _____
 Optical _____
 Specialists _____

Clothing

Irregular purchases _____

Insurance (not paid monthly)

Life and disability _____
 Home or tenant _____
 Car _____

Memberships

Union or professional _____
 Club dues _____

Car

Registration _____
 Tune-ups and repairs _____

Housing

Maintenance and repairs _____
 Decorating and furniture _____
 Property taxes _____
 Gardening _____

Recreation

Sports equipment _____
 Children's programs/camps _____
 Vacations _____
 Season's tickets _____

Miscellaneous

Christmas or celebrations _____
 Birthdays and other gifts _____
 Subscriptions _____
 School fees and supplies _____
 Professional services (Vet, etc.) _____
 Other _____

Irregular Expenses Total

Per Year \$ _____

Divide by 12 (months)

Monthly Amount for Irregular

Expenses \$ _____

Signature _____

Date _____

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Set Financial Goals

Conventionally, financial goals are classified into three types, depending on the time needed to achieve them:

Short-term goals are achievable within one year.

Example: Save \$_____ every month so I have \$_____ for a new laptop by December 31, 20_____.

1. _____
2. _____
3. _____

Medium-term goals are achievable within approximately one to ten years.

Example: Save \$_____ every month so I have \$_____ for a vehicle by December 31, 20_____.

1. _____
2. _____
3. _____

Long-term goals are achievable in more than ten years.

Example: Save \$_____ every month so I have \$_____ for a down-payment for a condo by December 31, 20_____.

1. _____
2. _____
3. _____

Signature _____

Date _____