



# HELPING HANDS



## Your Financial Resources

### Consumer Financial Protection Bureau

(Excerpts from [consumerfinance.gov](http://consumerfinance.gov))

### Budgeting

Making and sticking to a budget is a key step towards getting a handle on your debt and working towards a savings goal, of any kind. Let's say you want to set money aside for emergencies or you aspire to save up for a much larger goal like a car, down payment on a house, or retirement. Until you get a realistic picture of how much money you're bringing in and where it's going, it's difficult to know whether you'll have enough left over to put away.

Getting started can be the hardest part, especially if your finances feel out of control, but these easy-to-follow steps are designed to help you create a budget that really works for you.



- Step 1: Where does my money come from? The first place to start is getting a complete picture of where your money comes from. You may be self-employed, have multiple jobs or receive child support or government benefits -- all these sources should factor into what you have available to make ends meet. Start by recording all of your income with our Income Tracker.
- Step 2: Where does my money go? Equally important but the heaviest lift is logging your spending, so you get a realistic picture of what your money, on an average month, is going to. Our Spending Tracker helps you both log and sort your spending by categories like utilities and housing to eating out and entertainment. If this feels overwhelming, start small and look at your expenses one week at a time by either reviewing your receipts or checking account. You could also start a daily log of your expenses so you're making sure to capture those small expenses -- like buying breakfast or lunch instead of bringing it with you -- that add up over time.
- Step 3: What are all my bills and when are they due? If you're coming up short at the end of the month, it could be that the timing for your bills and income don't match. Our Bill Calendar is designed to help you remember when your bills are due but also keep in mind weeks when you need to be careful about your spending. Missing payments or not paying on time can also have larger impacts on your credit scores and overall financial well-being.
- Step 4: Create your working budget. Once you've identified all of your income sources and started tracking your spending and when your bills are due, our Budget Worksheet pulls everything together so you have a working and realistic budget.

Creating a budget will help you figure out if you have enough money to cover your expenses, while also having enough to save or spend on something extra you may want for yourself or your family. Be sure to update your budget if you experience a change in employment or your spending habits.

## Consumer Financial Protection Bureau Resources

The following resources can be found at: [www.consumerfinance.gov](http://www.consumerfinance.gov)

If you are reading an electronic version of Helping Hands you can use the hyperlinks to click on any underlined resources to take you directly to the page.

### Guides to help you understand and plan for big financial goals.

These are some examples of the resources you can find on the CFPB pages:

- [Buying a house](#) [Disasters and emergencies](#), [Getting an auto loan](#), [Helping a loved one manage their money](#), [Money as You Grow](#), [Navigating the military financial lifecycle](#), [Paying for college](#), [Planning for retirement](#)

### Find answers to your financial questions

Browse by money topic to find answers to commonly asked financial questions. Learn the basics, understand key terms, and find ways to take action when you have an issue.

Browse answers to hundreds of financial questions. [Ask CFPB](#)

- [Auto loans](#), [Bank accounts and services](#), [Credit cards](#), [Credit reports and scores](#), [Debt collection](#), [Fraud and scams](#) [Money transfers](#), [Mortgages](#), [Payday loans](#), [Prepaid cards](#), [Reverse mortgages](#), [Student loans](#)

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women

personal time to members and are experiencing EAP peer make clinical evaluations, trained to make of your



volunteer their assist other union their families who personal difficulties. volunteers do not diagnoses or clinical however, they are a basic assessment situation and refer

you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experie

**IAM EAP Director, District 142**

**Paul Shultz**

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### **Spending Tips**

The following are questions to ask if you feel your spending is getting out of control:

What expenses surprised you?

Are there areas where you spent that you now consider unnecessary?

Are you paying for services or subscriptions that you're not really using?

Are there service fees on your credit card or other financial services that you could eliminate?

How does your weekday spending differ from what you spend on week-ends?