

Spending (variable items)	Monthly	Annual
Remember, this is the area where you can make the most change to shift more money into savings. Think about what you really need to spend rather than what you currently spend.		
Food/groceries		
Gas		
Clothing		
Furniture/decorations		
Entertainment/dining out		
Recreation/fitness		
Gifts		
Travel		
Personal care		
Other:		
Total spending		

Savings	Monthly	Annual
Emergency reserve (3 to 6 months of expenses)		
Long term If you aren't already saving in paycheck deductions (401(k), etc.).		
Travel/vacations		
Gifts/holidays		
Home repairs/furniture replacement		
Auto repairs/replacement		
Other:		
Total savings		

Analysis	Monthly	Annual
Monthly income If you're paid weekly, multiply your paycheck by 52 and divide by 12. If you're paid biweekly, multiply your paycheck by 26 and divide by 12.		
Other income:		
Total income		
Savings		
Bills		
Spending		
Less total bills, spending and savings		
Balance		

Make your commitment to the **Cash Momentum** system on the next page.

What changes do you want to make?

You've completed the Monthly Expense Planner and know where your money is going. Now tell us where you can commit to making changes. Our general recommendations¹ for the three buckets are:

Savings²: At least 15% of your income.

(This is short-term, emergency and liquid savings. It does not include long-term or retirement savings.)²

Spending: No more than 25% of your income.

Bills: No more than 60% of your income.

Based on these recommendations and the financial goals you would like to accomplish, how much can you commit to in each of these categories? Tell us the amount (per month) you would like to commit to in the following buckets:

Savings:	_____
Spending:	_____
Bills:	_____
Name:	_____
Email address:	_____

Take the next step

Send this planner (save to your desktop, then attach to an email) to CashMomentum@thrivent.com and someone will get back to you, or call a **Cash Momentum** specialist at 866-596-1508 to set up your accounts.

¹Recommendations are not meant to replace professional financial, legal or tax advice, nor do they infer that we assume any fiduciary duties. This information is supplied from sources we believe to be reliable, but we cannot guarantee its accuracy. We encourage you to seek personalized analysis regarding all personal financial issues. Individual results may vary, and following these recommendations should not be viewed as a promise of future results nor a guarantee you'll reach your financial goals.

²This assumes that you are saving for long-term retirement savings (tax-advantaged accounts like 401(k) and IRAs) through paycheck withdrawals or other contributions outside of your monthly expenses. This category is the percentage we recommend for short-term or liquid savings. If you have questions about saving for retirement, please contact a financial, legal or tax advisor.



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If you are unable to commit to the recommended percentages right away, don't get discouraged. Even small changes can make a big difference in your savings.

Spend just \$15 less each week.

