



THE SPENDING DIET > **LIVE**



Our Time Today

- **Tools to create a spending plan at home**
- **Set goals to save and help reach goals**
- **Money management tools to try at home**





“The Spending Diet”

Anna Newell Jones



Anna is a photographer who racked up substantial debt from credit cards and loans from family. In 2009, she began her Spending Fast[®] and Spending Diet plan, and managed to pay off almost \$24,000 in debt in 15 months. She started the blog And Then We Saved to share her strategies with others. She has been quoted in publications including Self, US News and the Chicago Tribune, and has appeared on CNN Money and the HLN Network.

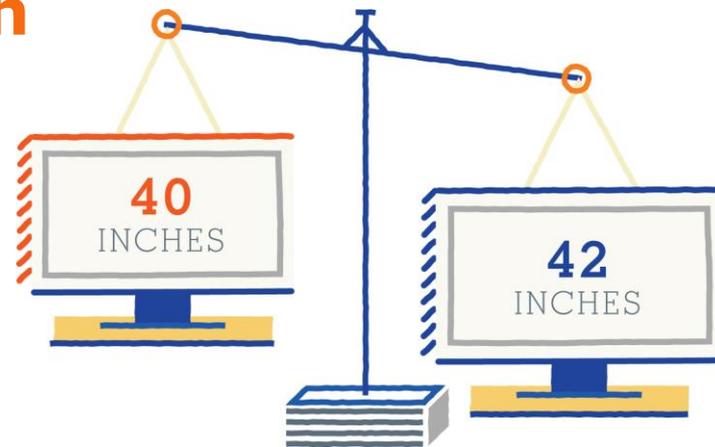
Spending Fast[®] is a registered trademark of Anna Newell Jones. All rights reserved.

PNC Bank has contracted with the instructors in these videos and asked them to share their money management expertise. The opinions, advice and other information offered by the instructors is theirs alone, and PNC Bank does not warrant, endorse, represent the materials to be accurate nor assume responsibility for the content.



Understanding Spending

- **Needs vs. Wants**
- **Should I Buy It? checklist**
 - Is this item well-made or will it last?
 - Do you really want to spend an hour or two hours or more for this item?
 - Is it really worth the price?
- **Creating a Spending Plan**





Needs Vs. Wants

My Needs

My Wants

My Goals





Create a Spending Plan to Build Discipline and Meet Goals

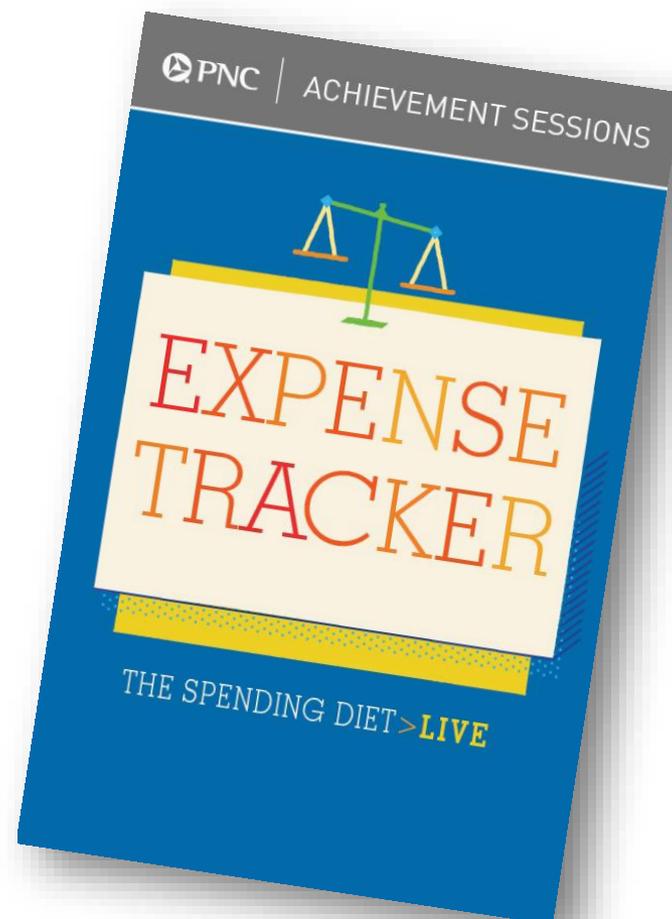
- **STEP ONE: Determine All Income sources and frequency**
- **STEP TWO: Identify Fixed and Variable Expenses**
 - Fixed Expenses – Do not generally change from month to month. Ex. Car Insurance
 - Variable Expenses – Expenses that fluctuate based on spending behaviors and other factors. Ex. Spending on Movies or App Downloads
 - Add up all expenses
- **STEP THREE: Determine the difference**
 - At the end of the month or week, subtract expenses from income
 - Results should always be positive: More \$ saved for long term goals



Sticking with It: Tracking Expenses

- **Use the Expense Tracker to:**

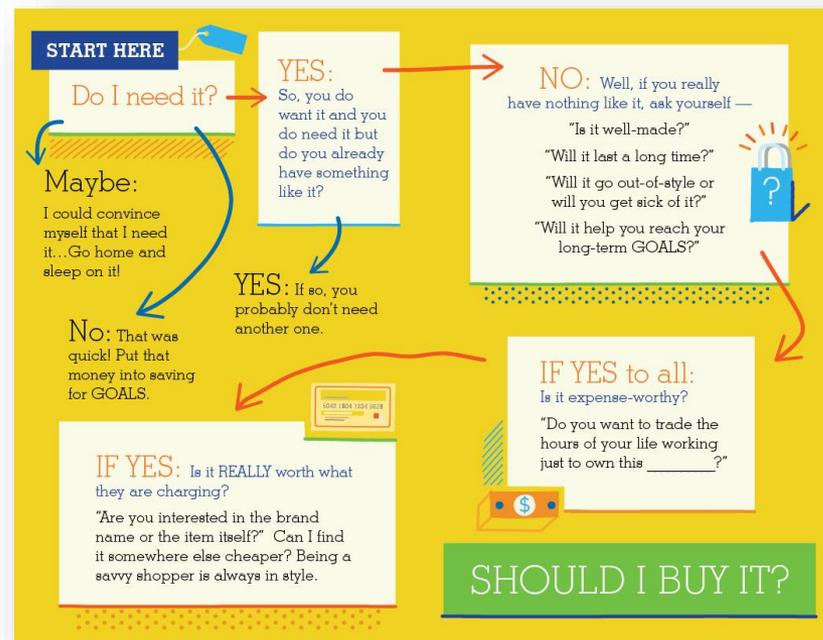
- Keep track of all purchases
- Keep track of the type of payment used
- Total daily and weekly spending
- Compare actual spending against their Spending Plan





Making Spending Decisions – Should I Buy It?

- Do I need it?
- Do I already have something like it?
- Is it well made and will it last a long time?
- Is it expense-worthy?
- Is it REALLY worth what they are charging?
- Can I find it somewhere else cheaper?





Next Steps

- **Check out additional tools, resources and lessons on pnc.com/achievementssessions**
- **Talk to a PNC banker today to learn more**