



# Heart-Centered Programs

*Empower - Energize - Enhance*

## Budgeting 101

Putting **Heart** back into your life

### Overview/Description

Today, more than ever, making our money go far is important to everyone. So whether you're trying to save for something, close the gap from paycheck-to-paycheck, or just have more disposable income, this workshop is for you!

### Ideal Audience

Anyone who wants to put more money in their pocket. Also, those who are looking for better ways to budget.

### Expected Duration

1 hour, 2 hour, or Half-Day Session

### Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Understand your Money Belief System
- Prioritize your spending
- Uncover your Money 'Leaks'
- Learn how to create a simple Budget
- Set Financial Goals
- 101 ways to Save Money in all Areas



*"The art is not in making money, but keeping it."*

- Proverb

*"The real measure of your wealth is how much you'd be worth if you lost all your money."*

- Unknown



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