

HOW TO BUDGET ON A LOW INCOME



01 Prioritize Expenses



Always pay necessities first, including food, housing, utilities and transportation. Pay no other expenses until these are taken care of.

02 Cut Costs



Temporarily cut out all non-necessities such as eating out, personal spending, vacation, recreation, etc. The goal is to get caught up and a plan in place.

03 Set a Budget



Break the paycheck to paycheck cycle by carefully and strategically making a written budget every month before the month begins. Plan every single dollar on paper.

04 Use Cash to Save



Research shows when we use cash we behave differently with money. Cash budgeting is especially helpful for budget categories you tend to overspend on.

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The Millennium Development Goals for Health Adam Wagstaff,2004-01-01 Annotation Provides information on progress and trends including poor/non-poor disparities health systems reform as a means of laying building blocks for the efficient and equitable delivery of effective interventions the financing of health spending through domestic resources and aid and improving the effectiveness of development assistance in health Linking the health Millennium Development Goals agenda with the broader poverty reduction agenda this book is a valuable resource for policymakers in developing countries and development practitioners working in the health nutrition and population sector as well as students and scholars of public health

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