

WORKSHEET

A JOYFUL JOURNEY TO

FINANCIAL FREEDOM

How to Live Frugally, Conquer Debt, and Still Enjoy Life

A Joyful Journey to **Financial Freedom**

W O R K S H E E T

Choosing a frugal lifestyle doesn't mean forfeiting joy and happiness. You can have favorite hobbies, enjoy going out to eat on occasion, and have nice belongings while still living frugally.

How frugal you need to be is relative to your income, but anyone can benefit from keeping a budget and being mindful of spending.

Use these reflection questions to help you make smart money decisions and begin the habit of living frugally.

1. Why do you want to live frugally?

2. What are the main benefits to you for living a frugal life?

3. What are some of your financial goals?

4. What kind of budget would work best for you and/or your family?

5. Would you consider buying some things used? If yes, what is something you would be willing to buy second-hand?

6. Are there any monthly or annual bills that you can eliminate?

7. What are some bills that you might be able to lower by shopping around or trying to get a reduced rate?

8. List some activities that you would enjoy that cost little to no money.

9. What are some things you spend money on now that are non-essential?

10. What is something that is very important to you that you want to spend money on? How can you work this into your budget?

11. What experiences or things make you feel happiest? Which ones are free? For the ones with a cost, how can you work these costs into your budget?

12. What are some easy changes you can make to save money and pay off debt?