

Finances and Budgeting

PRESENTATION FOR NISA

ZEESHAN (AZMAT MUKHTAR)

JUNE 26, 2021



You are the Financial Leader

- Financial Stress
- Mental Health
- Attainable Goals
- Success is saving, not treats or clothing



Financial Success

- Know “You can do this”
- Make it “simple”
- Recruit you friends and kids to help
- Do this as a team



Make a monthly budget

- Make a weekly plan
- Remember to keep simple categories
- Rent, Food, Utilities, and Transportation

USE ONLY CASH!!!!



Budget – Simple Rules

- Rent – Pay it first
- Food – Weekly Menu – Shop only once per week, basic food, never buy juice or soda
- Transportation – Keep it basic – Combine trips

Shopping – Simple Rules

- Food – Trader Joes, Sprouts, Indian Stores for Veggies
- Other – Target for Household, Clothing, Med and Supplies
- Transportation – Keep it basic – Combine trips

Simple Budget Example

Budget	Month	Week 1	Week 2	Week 3	Week 4
Rent	1700				
Utilities	300				
Food		125	125	125	125
Transport/Gas	200	70	70	70	70
Other (Clothing/House)		30	30	30	30

