



# Ready - Set - Go!

December 11, 2009

1. **Start recording your spending, continue for at least one month.**
  1. *Get a notebook with columns and start to record every cent you spend. Yes, every cent. Do this for at least one month. What you see will shock you. I know folks who found \$400 waste in the first month. Your spending record will show why you spend, when you spend, and for what you spend. Today, if you are like most folks I counsel, you don't know this information, but you think you do. Look for and learn:*
    - (a) *Where leakages are.*
    - (b) *Your spending pattern: Do you spend more on Fridays? Or on Mondays? Evenly during the week? Do you spend to lift your spirits?*
    - (c) *In chapter 8 I suggest a quick start budget kit that includes recording your spending. If you get familiar with your spending now, later you will be well on your way to doing your budget.*
2. **Start a spending fast the month after you start to record spending.**
  - (a) *During a spending fast, spend only for items legally, morally and ethically needed. When the urge to spend comes, wait at least 24 hours. Meanwhile, pray and seek God's help.*
  - (b) *Record spending while on the fast; compare it with spending in the first month. You will notice you spend loose change without thinking, and it adds up. So, stop spending coins you get as change and put them in the ONLY box.*
  - (c) *Ask the Lord to show you needed attitude and behaviour changes.*
  - (d) *Note the following:*
    - (i) *Difficulties you meet during these two months.*
    - (ii) *Spending that could and should have waited until you got funds.*
    - (iii) *Spending you didn't plan.*
3. **Start noting the procedure you follow before you spend.**
  - (a) *How do you decide to buy an item in a mall? At a fast-food store? Do you buy because you have cash, funds in the bank, or because the merchant entices you to buy? Note your reasons.*
  - (b) *If you choose to spend cash and not use a credit card, you will spend less; be alert to spending because you have a credit card.*
  - (c) *Husbands and wives, do you consult each other? Do you think you should? See Family Finances, chapter 12, for more on this.*
  - (d) *Do you distinguish a financial salesperson from a financial advisor or planner? See chapter 18 to help you select a financial advisor.*
4. **Start living in your income.**
  - (a) *Ask God to show you a living standard to uphold. This could be your current or future income level.*
  - (b) *Limit regular spending to the level the Lord tells you. Give away all income beyond that level.*
5. **Start an accountability program.**
  - (a) *Ask God to bring a strong Christian brother (if you are male) or sister (if you are female) to encourage your walk with Him<sup>3</sup> and to help you stay with these quick start items.*

Excerpts from *The New Managing God's Money- The Basics*, pages 66-68