

**\$TEPS FOR ACHIEVING FINANCIAL EMPOWERMENT (\$AFE)
YOUR MONTHLY BUDGET**

Income	Amount
<i>Employment</i>	
<i>Welfare</i>	
<i>Food Stamps</i>	
<i>VA pension benefits</i>	
<i>VA service-connected compensation</i>	
<i>SSI, not counting state supplement</i>	
<i>State supplement to SSI</i>	
<i>SSDI</i>	
<i>Significant other, family, or friends</i>	
<i>Other:</i>	
	Total=
Expenses	Amount
<i>10% Savings for _____ (goal)</i>	
<i>10% Emergency Funds</i>	
<i>Rent/ Mortgage</i>	
<i>Food</i>	
<i>Electricity</i>	
<i>Medications</i>	
<i>Phone</i>	
<i>Gas/Heat</i>	
<i>Car Payment</i>	
<i>Gas/Car</i>	
<i>Other Transportation</i>	
<i>Cable</i>	
<i>Clothes</i>	
<i>Cigarettes</i>	
<i>Alcohol/Drugs</i>	
<i>Gambling (lottery tickets, etc)</i>	
<i>Health Care</i>	
<i>Credit Card Debt</i>	
<i>Other:</i>	
<i>Other:</i>	
<i>Other:</i>	
	Total=

Draft 6/29/18, adapted from: Elbogen, E. B., Hamer, R., Swanson, J., & Swartz, M (2016). Randomized Clinical Trial of Money Management Intervention for Veterans with Psychiatric Disabilities. *Psychiatric Services*, 67 (10), 1142-1145. PMID: 27181733