Money Meetings

Money meetings are planned time when you take care of money management tasks. Holding them on a regular schedule helps you make a commitment to work with finances on a frequent basis.

Guidelines:

1) One hour or less

Money meetings usually last no longer than one hour. This is to keep them manageable and do-able in our busy lives.

2) Schedule them at a realistic time

They should be during a time in your day that you will be quiet, undisturbed, and alert. Sometimes people schedule them close to the time they get paid. This helps them have a plan for their money before they cash their checks. Put this time and date in your calendar.

3) Have your money meeting in pleasant surroundings.

It is helpful if your money meeting is in a pleasant, peaceful place. Some people have their money meetings at a coffee shop; others prefer their kitchen table. You might want to play music or light candles.

4) Have the necessary tools you will need with you.

Necessary tools could include bills, pencil, eraser, calculator, phone, and perhaps a computer.

5) During your money meeting you can do a variety of tasks:

- Pay bills
- Make phone calls you need to make
- Plan and review--work on your spending plan and debt repayment strategies
- Balancing your check book
- List or review your goals

6) Money meetings are followed with a treat.

After completing your money management tasks, reward yourself with a treat. Treats can be anything that doesn't hurt you financially. Some ideas for treats include taking relaxing bath, going for a walk, calling a friend, reading a book, taking a nap, chocolate, ice cream, watching a movie or sporting event.