

TRAINING PILL 2

Budgeting for financial stability



A budget is a simple plan for your money. It helps you pay what matters first, save a little and worry less. Choose a method that fits how you think, and change it when your life changes.

Three ways to budget

- 50/30/20: 50% for needs, 30% for wants, 20% for savings or paying off debt
- Zero-based: give every euro a job until nothing is left unplanned
- Envelopes: a fixed limit for each category, in cash or in app pots

Build it in four steps

- Add up all the money you can count on this month
- List everything you spend: needs, wants and savings
- Give each group a realistic amount
- Check every week and move money when life changes

Habits that help

- Save a set amount on the day your income arrives
- Check your balance once a week
- Put a little aside each month for yearly bills
- Look again at subscriptions and phone plans you rarely use

- ☐ I know my take-home income
- ☐ I have listed my needs
- ☐ I have chosen a budget method
- ☐ I have set a small amount to save
- ☐ I check my budget once a week

Try this week: Choose one method. This week, write your income and your three biggest costs on one page. Look at the page again in seven days.

Learn more, free: fire.elnlab.eu • In an emergency, call 112.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Italian National Agency Erasmus+ INDIRE. Neither the European Union nor the granting authority can be held responsible for them. Project 2025-1-IT02-KA210-ADU-000354693