

The background of the page is decorated with several overlapping watercolor rings in various colors including blue, yellow, pink, and red. The rings are drawn with soft, blended edges, giving them a hand-painted appearance. Some rings are larger and more prominent, while others are smaller and partially obscured.

10thousandgirl  
*a ripple effect*

# Preparation booklet

10thousandgirl Life Planning Workshop

*a ripple effect*

We had a number of women providing feedback that they would have liked to spend some time considering their situation and plans prior to the workshop so we've designed this booklet for you to enjoy before the day.



### **Exercise 0.1: MY YEAR IN REVIEW**

*GUIDE: Taking the time to reflect over the last 12 months really gives you the opportunity to bring some attention to:*

- *what worked really well so you can do a little celebratory dance and truly acknowledge your accomplishment*
- *what didn't work so well so you know what to do or not do next time*
- *what you learnt so you can bring it into practice*

*Starting here gives you a great foundation to build your I.N.S.P.I.R.E goals for 2011 (We'll learn more about I.N.S.P.I.R.E goals and have time to set our own in the workshop).*

*Some questions may take you longer to answer than others, but its well worth it! If you run out of space her, feel free to write to your heart's content in your journal or an online doc, or even share it on your blog if you're game. You might want to do this exercise with your friends or family, or make it into a date with yourself. Sip tea in your garden, or find a quiet spot on the beach or in a park.*

\* What was the best thing that happened to me this year?

\* What did I do this year that I'm really proud of?

\* Who did I really help?

\* Who do I need to thank and acknowledge for having been there for me?

\* What are the top three lessons I learned?

\* What increased my happiness and joy this year?

\* What's something I got through that was really tough?

\* What did I avoid that I must pay more attention to over the year ahead?

\* What character trait did I develop most this year?

\* What new people did I meet that are now in my life?

There may be some other areas that you'd like to answer here:

## Exercise 2.2: Spending Patterns



Review your monthly spending.

Following the workshop, you may like to track your monthly spending (recommended for minimum of 3 months). This is to establish what your current spending patterns are and where they are heading you towards. The after you have set clear inspiring life goals for the future, you can establish what you'd like your spending, saving and investing patterns to be in 12 months and start to work towards them.

For now, you may just like to review the areas you think you are doing well and could improve. The easy option is to wizz down the column and circle any area you would like to track, review or improve going forward. For the consciousness, it is ideal if you can use what you can (current budget, bank statements, receipts) to establish as closely as possible what your current spending patterns are. Once we know where we are, we know what we have to work with going forward!

We like to use the MoneySmart budgeting template as it caters for details like the odd vino we may perhap otherwise leave out...

A simple spending tracker is below.

Handy online and excel planners can be found on <http://www.moneysmart.gov.au/tools-and-resources/calculators-and-tools/budget-planner>

SPENDING TRACKER	(M1) MONTH ONE	(M2) MONTH TWO	(M3) MONTH THREE	CURRENT AVERAGE SPEND $\frac{(M1+M2+M3)}{3}$	12 MONTH SPENDING GOAL
<b>SECTION A:</b>					
Income after tax					
Your after tax income					
Partner after tax income					
Pension/ benefit					
Family payment					
Child support received					
Board money received					
Investments (after tax)					
Other income (after tax)					
<b>TOTAL INCOME</b>					
<b>Section B:</b>					
Expenses					
<b>Housing</b>					
Rent					
1st mortgage					
2nd mortgage					
Land rates					
Water rates					
House and contents insurance					
House repairs					
Strata levies					
Home contents replacements					
<b>Utilities</b>					
Electricity					
Heating oil					
Gas					
Water					
Mobile phone					
Internet and Cable TV					
Telephone					

<b>Transport</b>					
Petrol					
Repairs					
Registration					
Fines					
Insurance					
License					
Fares					
<b>Food</b>					
Groceries					
Meat					
Fruit/Vegetables					
Lunches					
Pet Food					
Take away food/ restaurants					
<b>Education</b>					
School Fees					
Uniforms					
Self Education					
School excursions					
Tutoring/Books					
Sports/out of school activities					
Pre-school					
Child minding					
<b>Medical</b>					
Health insurance					
Doctor					
Dentist					
Chemist					
Eye care and optometrist					
Specialists/alternative therapies					
Pet and vet					
<b>Personal</b>					
Children (pocket money)					
Clothing					
Haircuts					
Grooming/cosmetics					
Entertainment					
Sport					
Club fees					
Newspapers and Magazines					
Holidays					
Gifts					
Drinks alcoholic					
Cigarettes/Tobacco					
Laundry/dry cleaning					
Gambling/other					
Donations/ other					
DVDs/Videos/Movies					
Postage/Films					
Pool/Gardening Expenses					
<b>Other</b>					
Superannuation					
Life/term/income Insurance					
Professional fees					

Other expenditure					
Savings					
Special Projects					
<b>Total basic living expenses (B)</b>					
Section C: Your loan expenses					
Personal loans					
Car Loans/ Hire purchase					
Store cards/ accounts					
Finance Companies					
Home loans					
Other debts					
<b>Total loan expenses (C)</b>					
<b>Total all expenditure (B + C)</b>					
<b>Your bottom line</b>					
Your after tax income (from section A)					
<b>Less</b> your living expenses (from section B)					
<b>Less</b> your loan expenses (from section C)					
<b>Total surplus (+) /deficit (-)</b>					

Notes/observations/key areas to increase or decrease spending in/to-do's:

Am I currently? (tick or cross)

- Tracking my spending
- Regularly saving
- Actively investing
- Contributing to extra retirement savings on top of superannuation
- Reviewing my insurance each year

### Exercise 0.3: Current Plans



*What plans and goals have you got tracking along now? List them in detail below. Include what progress you've made or are making to date. If you aren't clear, now worries, just leave this page and that's what the workshop is for!*

Goal One:

Progress:

Goal Two:

Progress:

Goal Three:

Progress:

Other ideas in the pipeline:

*Thank you from the 10thousandgirl team for your involvement, and for joining us to make new waves.*

*We wish you all the enjoyment in the world in carrying out your plans and look forward to meeting you at the workshop.*

*Have fun.*

**BACKGROUND:**

10thousandgirl is a social business that aims to improve the financial literacy of 10,000 young Australian women to inspire them to pursue their life plan with a confidence and independence backed by financial security.

With experts, writers, coaches and community, industry and government support, 10thousandgirl brings personal finance to life. The process of creating a life plan and getting your personal financial system on track has been made informative, engaging and fun, to help inspire young women like us to lead empowered and industrious lives.

The 10thousandgirl Campaign aims to inspire a ripple effect. When a girl's life opens up with new possibility, she is able to help others open theirs. In the process of educating Australian women about their personal finances, the Campaign is setting out to raise \$1million toward a microfinance initiative in partnership with Opportunity International, providing education and finance loans to women in developing countries to launch their own businesses.

Every time a girl like you joins a GIG (Girl Investment Group) and goes through the 10thousandgirl Personal Finance Program, you help set up a new sustainable income stream for a girl just like us, only born into different circumstance. This increases her independence, empowerment and ability to provide for and support her family and community, and in turn contributes to the long term health and sustainability of our world economy.

We hope you are excited about the ripple effect that together we are setting in motion.

Further information on programs, partnerships and becoming involved can be found through the website:

[www.10thousandgirl.com](http://www.10thousandgirl.com)