



T.RowePrice

Financial Wellness: Budgeting Essentials

T. Rowe Price



This material is for general and educational purposes only and is not intended to provide recommendations concerning investments, investment strategies, or account types. It is not based on your particular needs or individualized circumstances and is not intended to suggest that any particular investment action is appropriate for you. T. Rowe Price Retirement Plan Services, Inc., its affiliates, and its associates do not provide legal or tax advice. Any tax-related discussion contained in this material, including any attachments/links, is not intended or written to be used, and cannot be used, for the purpose of (i) avoiding any tax penalties or (ii) promoting, marketing, or recommending to any other party any transaction or matter addressed herein. Please consult your independent legal counsel and/or tax professional regarding any legal or tax issues raised in this material.

To plan sponsors and attendees

This presentation should only be used as a visual presentation for T. Rowe Price Retirement Plan Services, Inc., client meetings. This program should not be altered in any manner.

To web meeting attendees

For security reasons, please do not speak or email any personal information during this meeting. For example, you should not give your address, Social Security number, or account information during this web meeting.

Agenda

- Step by step: Creating and balancing a budget
 1. Importance of creating a budget
 2. Documenting assets and liabilities
 3. Cash flow statement
 4. Balancing the budget
 5. Begin savings goals
- Tools and resources
- Confidence Check-in® conversation
- Monitor your account
- Q&A



Step by step: Creating and balancing a budget



Step 1: Importance of creating a budget



**Shows where money
is being spent
monthly and annually**



**Helps make decisions
about future
spending**



**Provides a structured
and organized way
to look at cash flow**



**Budget
helps control
finances**

Step 2: Documenting assets and liabilities

Assets

Value of items
owned if sold
today



Step 3: Creating a cash flow statement

Where does the money go each month?

- Track spending
- Make a plan
- Make adjustments to goals or spending



Step 4: Balancing the budget

When we don't plan to save, we **spend what we make**



Step 4: Balancing the budget

When we spend more than we make, **we end up in debt**



Step 4: Balancing the budget

When we prioritize and plan, our **spending aligns with our values**



Step 4: Balancing the budget

We suggest trying to live on

70%–80%

of your current salary while saving for goals.

Step 4: Balancing the budget

**Prioritize
spending and
savings goals**

**What can
be cut?**
- Subscriptions
- Extras

**Where can
spending be
reduced?**

**Set monthly
spending limits
by category**

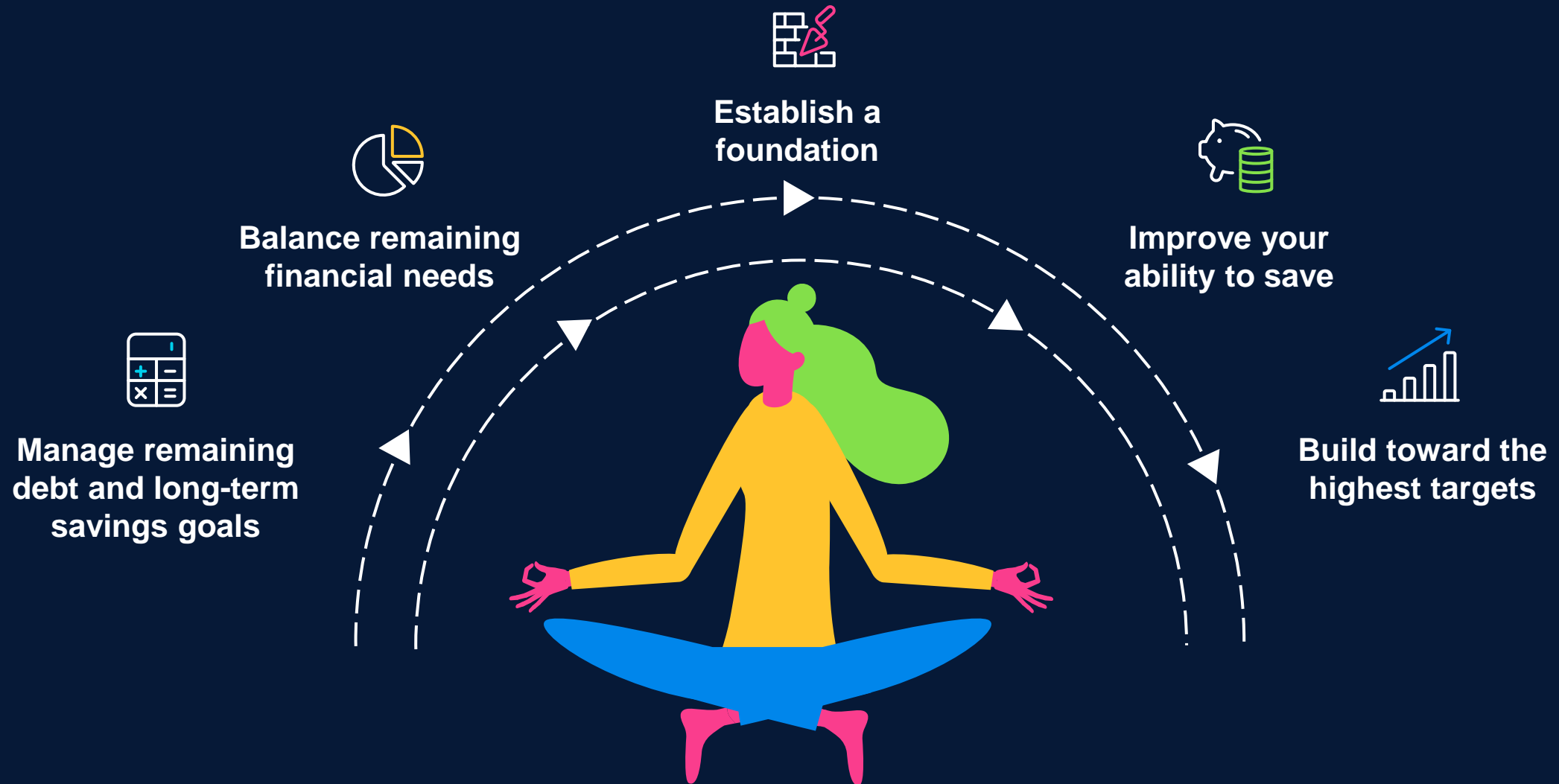
Step 5: Begin savings goals

Starter
emergency
fund

\$1,000–\$5,000

Save in a
workplace
retirement
plan

Summary: Financial wellness



Tools and resources




Education
library



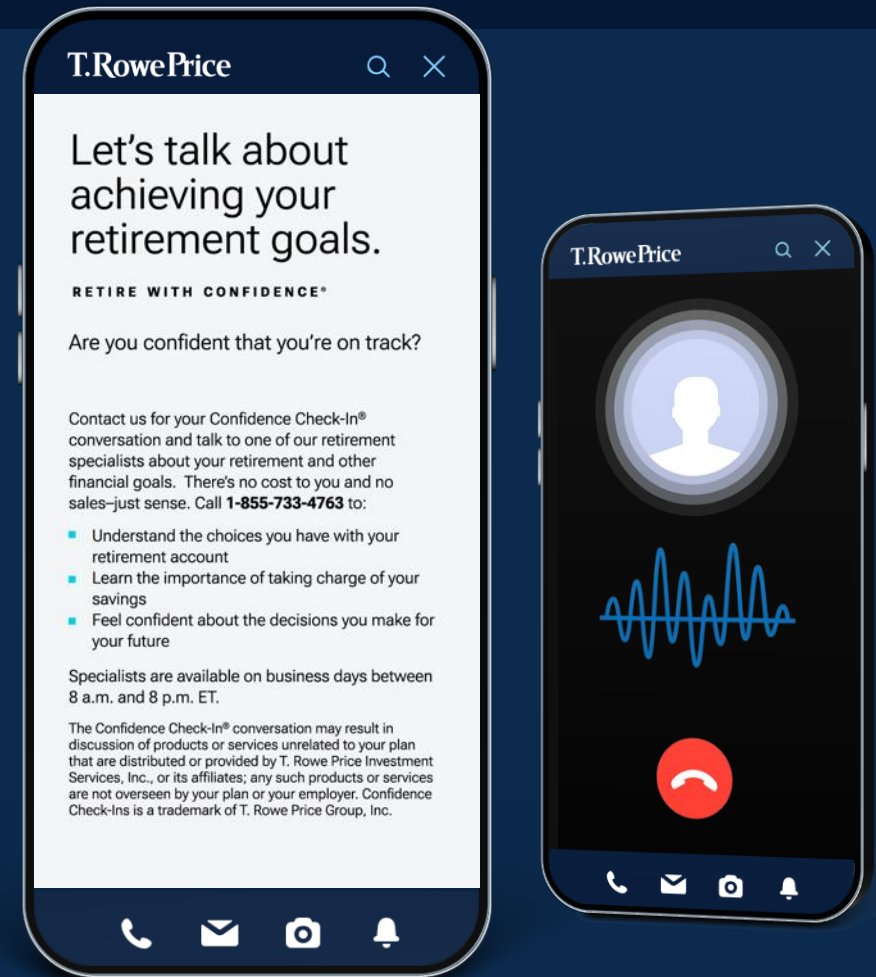

Podcasts



Confidence Check-In® conversation

Are you confident you're on track?

1-855-733-4763

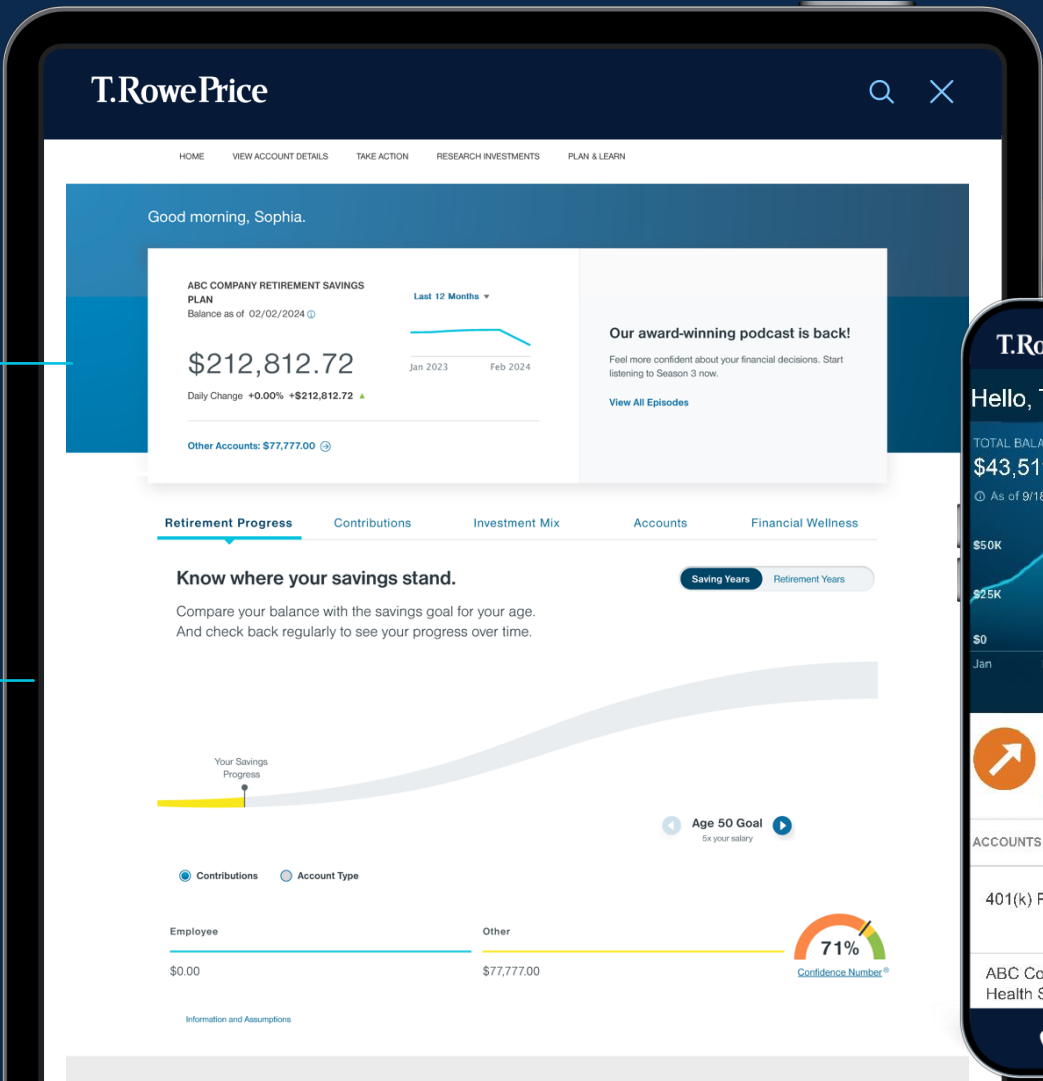


The Confidence Check-In® conversation may result in discussion of products or services unrelated to your plan that are distributed or provided by T. Rowe Price Investment Services, Inc., or its affiliates; any such products or services are not overseen by your plan or your former employer. Confidence Check-In is a trademark of T. Rowe Price Group, Inc.

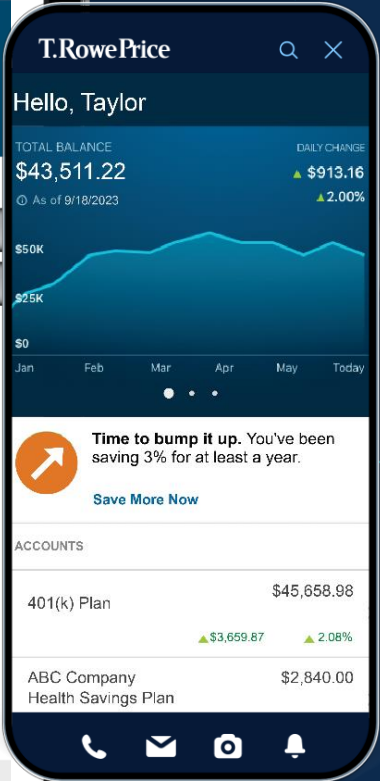
Monitor your account

Quickly view and **access accounts and balances**

Check in on your **progress toward retirement**



Log in wherever you are, whatever your device



Tips and tools to help you plan for retirement, save for college, pay down debt, and more

Call or scan the QR Code below to get started

Securely track your retirement.

Download the app for iPhone® or Android® by scanning the QR Code, selecting a store below, or texting MOBILEAPP to 68784.



rps.troweprice.com

