



July 25, 2018

### My wife HATES the “B-word.”

Every time I've said it in front of her, she's given me one of “those looks.” Especially early in our marriage (almost 17 years now), it led to disagreements. Maybe you can relate?

The word is BUDGET.

Do you and your spouse (or significant other) actually talk about expected income and expenses? Studies show 70% of people don't have a written budget. That's bogus. I'd say it's 95%.

I've personally met with individuals and families for over 15 years and most people don't have a clear handle on their spending, regardless of income level.

Also, most spouses don't see eye to eye when it comes to financial goals and spending habits. Money issues are very emotional because of what they represent to each of us. Here are 7 quick tips:

1. Don't have your financial discussion on an empty stomach or when you're exhausted at the end of the day.
2. Equal time for both of you to share your thoughts, goals, questions, and fears about money.
3. Assess whether you need to be more focused on paying down debt or on building up assets.
4. Designate a percentage of your income to go towards buying investments (financial markets and real estate) that can pay you future cash flow.
5. Be honest with yourself about needs and wants in your expense category.
6. Discuss ideas of how to increase your income.
7. Set rewards as a couple, something enjoyable to strive for as you meet short-term hurdles together.

Our core purpose at Pacific Capital is to help you enjoy life by removing your stress about money. Schedule a brief “Goals Conversation™” with our team by visiting our [website](#) today - no cost or obligation involved. You may also click [HERE](#) for our google reviews.

