



How much is enough? Spreadsheet based on Your Money or Your Life (Dominguez & Robin)

MONTH	Total Dollars	Hours of Life		Fulfilment	Alignment	After FI	After FI estimate
		Energy*					
Charity							
Events							
Entertainment							
Eating Out							
Health/Beauty							
Groceries							
Work Expenses							
Household Items							
Non-Work Transport							
Bills							
Finances							
	\$ -						\$ -

* In this column, divide the figure in the previous column by the amount you earn per hour after subtracting all work-related expenses.

SAMPLE

MONTH	Total Dollars	Hours of Life	E Fulfilment	Alignment	After FI	After FI estimate
Charity	\$ 10.50	1.34	0	0	0	\$ 10.00
Events	\$ 200.00	25.58	+	+	-	\$ 100.00
Entertainment	\$ 24.00	3.07	-	-	-	\$ 5.00
Eating Out	\$ 110.00	14.07	-	-	-	\$ 40.00
Health/Beauty	\$ 15.00	1.92	0	0	0	\$ 15.00
Groceries	\$ 100.00	12.79	+	+	-	\$ 91.00
Work Expense	\$ 175.00	22.38	-	-	-	\$ -
Household Ite	\$ 10.00	1.28	0	0	0	\$ 10.00
Non-Work Tra	\$ 108.40	13.86	-	-	-	\$ 100.00
Bills	\$ 732.42	93.66	-	-	-	\$ 620.00
Finances	\$ 1.75	0.22	0	0	0	\$ 1.75
	\$ 1,487.07	190.16				\$ 992.75

