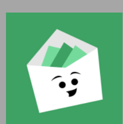
Transition Newsletter

NOV 2025

"A budget is telling your money where to go instead of wondering where it went."

APP HIGHLIGHT



Goodbudget

Goodbudget is a simple, envelope-style budgeting app that helps students plan and track their spending. It's especially helpful because it offers clear visual organization, shared access for support persons, and flexible budget categories for accessibility-related expenses. With manual entry and easy-to-read charts, it encourages mindful money management and financial independence. The app is available to download on iPhones or Androids. There is a limited free option or a paid version.

This is informational only. DHS is neither supporting nor endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

Needs VS. Wants

The way we spend our money is different for everyone. What we **need** and what we **want** aren't always the same. N**eeds** are the things we must have to live—like water, food, clothing, and shelter. **Wants** are the extra things that make life more enjoyable.

For example:

- We **NEED** healthy food to stay alive, but **WANT** a hot fudge sundae.
- We **NEED** clothes to stay warm and safe, but **WANT** designer jeans.

It's okay to want things! The key is learning how to balance your needs and wants. A **budget** can help you do that—it's a plan for how to spend your money wisely so you can meet your needs first and still save for the things you want most.

If you'd like help creating a budget that works for you, contact me! I can connect you with your local Independent Living (IL) Center or other great resources.

contact me

Name:

Phone:

Email:

DHS.SD.GOV

Envelope Budgeting

The **envelope system** helps you keep track of exactly how much money you have in each part of your budget. It's an easy, hands-on way to stay in control of your spending!

1. Choose Your Categories
Think about where you usually spend money. Examples include:

- Groceries
- Gas or bus passes
- Entertainment
- Restaurants
- Medicine
- Gifts
- Clothing
- Hair care

2. Create and Fill Your Envelopes
Label one envelope for each category. Then, decide how much money you'll spend in each one for the month. If you budget **$100 for groceries**, put **$100 cash** in your "Groceries" envelope. When the money is gone—stop spending in that category. Don't borrow from another envelope! If you run out early, that's okay—use it as a learning moment to plan better next month.

Advantages of Using Envelopes

- Helps you stay **on track**
- Builds **discipline**
- Keeps you **accountable**
- Makes it harder to **overspend**

If you have money left over, great job!

- Treat yourself with a small reward like a coffee or dinner out
- Roll it over into next month's envelope
- Put it in your savings account

Pathful

Talk to your **VR Counselor** about getting a **Pathful** account. Pathful has a lot of great tools—including a **Lifestyle Calculator**—that help you explore how much money you'll need for your desired lifestyle and what **careers** can make that possible.

Once you complete the Lifestyle Calculator:

- Explore **careers** that match your goals and interests!
- Learn what **education or training** you might need!
- Start building a plan for your **future!**

Your VR counselor can help you get started and guide you along the way!

If you receive **Supplemental Security Income (SSI)**, **Social Security Disability Insurance (SSDI)**, or **Childhood Disability Benefits**, it's important to understand how earning and saving money could affect your benefits.

Our **SD Benefits Specialists** can help you get clear answers and make informed choices about your financial future. Don't guess, get the facts so you can plan with confidence!

Visit: bsnsd.org

Call: 800-224-5336, ext. 1521

SOUTH DAKOTA BENEFITS SPECIALIST NETWORK