



Brought to you by Sentara EAP

January 2026



Creating Your First Budget

Budgeting is one of the first great lessons of personal finance, yet relatively few people are taught the basics of creating one. Or if they're taught, they forget. The inability to measure how much money is coming in and how much is going out is a primary reason for financial illiteracy in this country.

So it's a good idea to go over those basics. The Webster's definition for budget is simple: "A plan for the coordination of resources and expenditures." A budget is both a noun and a verb – a plan and a process. So it makes sense to go over the basic process of budgeting – learning exactly what money is coming in to your life, what's going out and how effectively you're using the difference.

[Read more...](#)

 This Month's Webinar

Budgeting Basics

This interactive session teaches you to master the emotional side of money and regain your financial dignity. We will discuss why traditional budgets fail and what you need instead; the two key things you need to do BEFORE planning; how to have productive money discussions with your significant other; the keys to outsmart emotional spending before it happens; and how to create a personalized plan that works for YOU! This session will help you become and stay financially healthy.

[Log-in](#) any time this month to watch the webinar!