## CULTIVATE LIFE COACHING Business Planning for Creative Spirits FINANCIAL WORKSHEETS

Are you ready to begin collecting figures? Yes you are! Use the worksheets that follow to compile the numbers. You will probably be revising the numbers many times before you complete the process as you become more aware and move deeper into researching your business. No worries, just keep your workbook handy to jot down changes and ideas as they come through.

- You can re-create these forms in any spreadsheet program and I have also provided an extra set of financial worksheets in Chapter 8 that you can use to make copies.


## Start-up Costs (Example)

## Deposits, Prepayments, Licenses

Security deposit on business location
Telephone \& utility deposits
Business Licenses (state, city/town, health \& fire)
Insurance Premiums (liability, worker's comp.)
Legal, accounting, education
Leasehold Improvements
Remodeling \& redecorating (price out down to the cost of the nails)
Fixtures, office furniture, displays
Installation Labor (make sure contractors are licensed \& insured)
Signs (outside \& inside)
Advertising
Radio, TV, newspaper, flyers, Yellow Pages
Inventory
Office Supplies (even pens \& staples)
Office Equipment (computer, copier, phones, fax)
Opening Merchandise or raw material
Other
Vehicles
Manufacturing equipment
Hand tools

## Sub Total

Living Expenses (This section needs to be completed only if you will be leaving your present job to open the business.)
Living expenses from last paycheck to opening day
Mortgage/Rent
Utilities
Credit cards and other loans
Food/personal supplies
Health Insurance
Child costs (daycare, school activities, clothes, braces, doctors)
Alimony and/or child support
Gas for car(s)
Medicine
Living expenses for first three months after opening day
Mortgage/Rent
Utilities
Credit cards and other loans
Food/personal supplies
Health Insurance
Child costs (daycare, school activities, clothes, braces, doctors)
Alimony and/or child support
Gas for car(s)
Medicine
Moving Expenses if necessary
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$\qquad$
$\qquad$
$\qquad$
$\qquad$
Sub Total
Business Operating expenses for three months (fixed costs)
Reserve to carry customer's accounts (if necessary)
Cash for petty cash and change

Sub Total<br>Total Start-up Costs

## Break Even Analysis (Example)

The purpose of this calculation is to determine the minimum sales that are necessary to stay in business. When the business breaks-even, you are not making any profit but you can pay all of your bills, including yourself. There is a blank form on the next page to enter your numbers.

## Fixed Costs

These costs do not vary significantly regardless of the sales volume. Use monthly figures for these costs.

| Wages (Include yourself) | $\$ 2,000.00$ |
| :--- | ---: |
| Taxes (About 15\% of wages and sales taxes on materials purchased) | $\$ 300.00$ |
| Indirect Expenses (Rent, utilities, phones, insurance, business taxes and licenses) | $\$ 1,200.00$ |
| Advertising (If you don't budget your advertising monthly, include this in Indirect Expenses) | $\$ 100.00$ |
| Debt Service(Principal and interest on all loans used to start the business) | $\$ 600.00$ |

Total Fixed Costs $\$ 4,200.00$ Per month

## Gross Margin

Gross Margin is the difference between the sales collected for that product/service and the price that the business pays to produce the product/service.

Product Example -
You buy or manufacture a widget that costs $\$ 18$ to produce (materials \& labor).
You sell the widget for $\$ 40$.

| Selling price | $\$ 40.00$ |
| :--- | ---: |
| Cost per widget | $\$ 18.00$ |
| Gross Margin | $\$ 22.00$ |

Now you need to turn the $\$ 22.00$ into a percentage figure.
Divide the Gross Margin by the Selling Price. $22 / 40=.55$ or $55 \%$

Service Example -
You write, produce art or clean houses. You need to buy paper, art supplies, or cleaning supplies. You determine the price per hour you charge and add it to your supply costs. In this case it costs $\$ 50$ per hour. You charge $\$ 75$ per hour.

| Selling price | $\$ 75.00$ |
| :--- | :--- |
| Cost per hour | $\$ 50.00$ |
| Gross Margin | $\$ 25.00$ |

Turn the $\$ 25.00$ into a percentage figure.
Divide the Gross Margin by the Selling Price. $25 / 75=.33$ or $33 \%$

## Break-Even Formula

Using the product example: Fixed Costs divided by Gross Margin = Sales needed to break-even

## \$4,200.00/0.55 = \$7,636.36 in monthly sales to break-even

If you can adjust some of the fixed costs (increase or decrease wages), or the gross margin (raise or lower prices), the amount of Sales needed to break-even will vary.

## Business Balance Sheet (Example)

| Year One | Year <br> Two | Year <br> Five |
| :--- | :--- | :--- |

## Current <br> Assets

| Cash | (Includes checking \& savings accounts) | $\square$ | $\square$ | $\square$ |
| :--- | :--- | :--- | :--- | :--- |

Fixed
Assets
Real Estate (Do you own the business building or land?) $\qquad$

## Other

Assets
License
(trademarks, patents)
Goodwill (Reputation)
Total Assets
\$


## Current <br> Liabilities

Notes Payable (Due within one year) $\qquad$
$\qquad$
$\qquad$
Accounts Payable(Money owed for materials, indirect costs, labor) $\qquad$
$\qquad$
$\qquad$
Accrued Expenses (Money owed from previous months or years)
Taxes Owed
(Personal Property, Payroll, Corporate) $\qquad$
$\qquad$
$\qquad$

## Long-Term

Liabilities
Notes Payable (Due after one year)
Other

Total Liabilities

Net Worth
(Assets minus liabilities)

## Personal Financial Statement (Example)

## Assets



Total Assets

Liabilities
Notes Payable (Due within one year)
Accounts Payable (Credit cards, doctors, dentists)
Taxes Payable
(Income taxes, real estate taxes, property taxes)
(Your house, any property or other buildings)
Real Estate Loans
\$ $\qquad$

Other Liabilities

## Long-Term Liabilities

Notes Payable
(Due after one year)
Other

## Total Liabilities

\$ $\qquad$

## Net Worth

\$
(Assets minus liabilities)

| Cash Flow Forecast - Year One |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Month | Pre-Start | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Totals |
| Receipts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cash sales |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Collections from credit sales |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| New equitv inflow |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Loans received |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Receipts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Payments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cash purchases |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Payments to creditors |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salaries and wages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Employee benefits |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Payroll taxes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rent |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Utilities |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Repairs and maintenance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Insurance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Travel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Telephone |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Postage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Office supplies |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Marketina and advertisina |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Professional fees |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Trainina and development |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bank charges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miscellaneous |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Owner's draw |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Loan repavments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tax payments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Capital purchases |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other - database and Web site |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Payments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cash flow Surplus/ Deficit (-) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Opening Cash Balance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Closing Cash Balance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| Month | Pre-Start | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Totals |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Receipts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cash sales |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Collections from credit sales |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| New equity inflow |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Loans received |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Receipts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Payments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cash purchases |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Payments to creditors |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salaries and wages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Emplovee benefits |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Payroll taxes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rent |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Utilities |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Repairs and maintenance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Insurance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Travel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Telephone |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Postage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Office supplies |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Marketina and advertisina |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Professional fees |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Training and development |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bank charges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miscellaneous |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Owner's draw |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Loan repayments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tax pavments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Capital purchases |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other - database and Web site |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Payments |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cash flow Surplus/ Deficit (-) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Opening Cash Balance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Closing Cash Balance |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Projected Profit \& Loss Statement

|  | Year 1 | Year 2 | Year 5 | Totals |
| :---: | :---: | :---: | :---: | :---: |
| Saloc |  |  |  |  |
| Sales |  |  |  |  |
| Other |  |  |  |  |
| Thtal Salec |  |  |  |  |
| Less Cost of Goods Sold |  |  |  |  |
| Materials |  |  |  |  |
| Labor |  |  |  |  |
| Overhead |  |  |  |  |
| Other |  |  |  |  |
| Thtal Cont of Tronde Sold |  |  |  |  |
|  |  |  |  |  |
| Gross Profit |  |  |  |  |
| Operating Expenses |  |  |  |  |
| Salaries and wages |  |  |  |  |
| Emplovee benefits |  |  |  |  |
| Pavroll taxes |  |  |  |  |
| Rent |  |  |  |  |
| Utilities |  |  |  |  |
| Repairs and maintenance |  |  |  |  |
| Insurance |  |  |  |  |
| Travel |  |  |  |  |
| Telephone |  |  |  |  |
| Postage |  |  |  |  |
| Office supplies |  |  |  |  |
| Marketing and advertising |  |  |  |  |
| Professional fees |  |  |  |  |
| Trainina and development |  |  |  |  |
| Bank charges |  |  |  |  |
| Depreciation |  |  |  |  |
| Miscellaneous |  |  |  |  |
| Other |  |  |  |  |
| Tntal Onoratinn Fynonces |  |  |  |  |
|  |  |  |  |  |
| Operatina Income |  |  |  |  |
| Interest income (expense) |  |  |  |  |
| Other income (expense) |  |  |  |  |
| Total Non Operating Income (Exnense) |  |  |  |  |
|  |  |  |  |  |
| I ncome (Loss) Before Taxes |  |  |  |  |
|  |  |  |  |  |
| Inrnme Tayec |  |  |  |  |
|  |  |  |  |  |
| Net I ncome (Loss) |  |  |  |  |
|  |  |  |  |  |
| Cumulative Net I ncome ( Loss) |  |  |  |  |

## Summary of Key Ratios - Years 1 to 5 <br> (Example)

Year 1 Year 2 Year 3 Year 4 Year 5

## DATA COLLECTI ON

## Balance Sheet

(1) Cash
(2) Marketable securities
(3) Accounts receivable, net
(4) Total current assets
(5) Total long-term assets
(6) Total current liabilities
(7) Total long-term liabilities
(8) Total shareholders' equity


## I ncome Statement

(9) Total sales
(10) Gross profit
(11) Total operating expenses
(12) Income (loss) before taxes
(13) Net income (loss)
-_-_-_ -_-_-_ -_-_-_ -_-_-_ --_-_-
------ ------ ------- ------------


--_-_- -_-_-_ -_-_-_- -_-_-_-_-_-_

## KEY RATI OS

## Profitability Ratios

| Return on equity - Line 13/Line 8 | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Return on assets - Line 13/(Lines 5 + 6) | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |
| Return on sales - Line 13/Line 9 | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |
| Gross profit margin - Line 10/Line 9 | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |
| Asset turnover ratio - Line 9/(Lines 5 + 6) | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |

## Leverage and Liquidity Ratios

| Current ratio - Line 4/Line 6 | 0 | 0 | 0 | 0 | 0 |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Quick or acid test ratio - (Lines $1+2+3) /$ Line 6 | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |
| Leverage ratio - (Lines $4+5) /$ Line 8 | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ | $0 \%$ |
| Long-term debt ratio - Line $7 /($ Lines $7+8)$ | 0 | 0 | 0 | 0 | 0 |
| Debt to equity ratio - (Lines $6+7) /$ Line 8 | 0 | 0 | 0 | 0 | 0 |

