GETTING OUT OF



SELF REFLECTION AND PLANNING WORKSHEET

| Do I have a tendency to spend more than I earn? On what non-necessities |
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| do I frequently spend my money? (Examples include clothes, restaurant |
| food, vacations, and so on.) |
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| Can I afford my regular daily purchases? If not, how much am I short each |
| day or week? What do I go without that I absolutely need? |
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| Am I able to make my monthly payments on all of my debts? Do I make them in a timely fashion? Do I ever pay extra? Could I ever pay extra, given my financial situation right now? |
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| Do I have savings I could use to sustain myself for 3-6 months if I lost my job today? How much would 3-6 months of savings be for the bare necessities? How much would it be to maintain my current standard of living for six months? |
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| Write a list of my debts, from smallest to largest. Each debt gets its own line. Be sure to include personal debts, such as money owed to a friend, as well as debts without interest, such as medical bills. Debts that are in collections also count. So does the mortgage. |
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| Next to each debt above, add the interest rate and monthly payment. Yes, you really do have to go look this up if you don't know off-hand! |
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GETTING OUT OF DEBT WORKSHEET

| List some ways I can cut down my expenses. These could include staying |
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| out of restaurants, setting a budget for the holidays, or trading down to a |
| less expensive car. |
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| List some ideas to make extra money that I'm willing to do. I might even |
| List some ideas to make extra money that I'm willing to do. I might even find some of these prospects exciting! |
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GETTING OUT OF DEBT WORKSHEET

| Name five grocery items I purchase regularly, but that I don't actually need to survive. |
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| Think of three things I will do when I'm free of dobt. They could be as |
| Think of three things I will do when I'm free of debt. They could be as small as taking a trip to the nearest ocean, lake, or ski resort, or as big as quitting my job to pursue a long-neglected dream. |
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