

GETTING OUT OF

DEBT

WORKSHEET



SELF REFLECTION AND PLANNING WORKSHEET

Do I have a tendency to spend more than I earn? On what non-necessities do I frequently spend my money? (Examples include clothes, restaurant food, vacations, and so on.)

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?

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?

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?

List some ways I can cut down my expenses. These could include staying out of restaurants, setting a budget for the holidays, or trading down to a less expensive car.

List some ideas to make extra money that I'm willing to do. I might even find some of these prospects exciting!

Name five grocery items I purchase regularly, but that I don't actually need to survive.

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.
