



Practical Guide

*Getting Organized &
Tackling Your Debt*



TAKE STOCK OF YOUR DEBTS

Creditor / Institution 	Total Amount 	Interest Rate (%) 	Monthly Payment 	Priority (High / Medium / Low) 

TOTAL BALANCE OWED: _____

TRACK MONTHLY INCOME & EXPENSES

We encourage you to keep your budget up to date in a spreadsheet or notebook, and write down the average amounts here.

Net Monthly Income:
Total: _____ \$

Monthly Expenses:
Total: _____ \$

CHOOSE A REPAYMENT STRATEGY

Method	Best For...	Pros	Cons	My choice
Snowball 	Those needing quick wins	Frequent small victories	Not the most cost-efficient	<input type="checkbox"/>
Avalanche 	Those focused on savings	Pay less interest overall	Less immediate gratification	<input type="checkbox"/>

WAYS TO CUT EXPENSES

- Pause subscriptions (Netflix, Spotify, etc.)
- Bring lunch to work
- Eliminate “comfort” purchases (clothes, non-essential cosmetics)
- Reduce Uber Eats / restaurant deliveries
- Borrow or share instead of buying
- Review insurance plans or phone/internet packages

WAYS TO EARN EXTRA INCOME

- Sell unused items (clothes, furniture, electronics)
- Offer services: cleaning, cooking, childcare, sewing, translation
- Tutoring or teaching (music, languages, etc.)
- Rent out a room or parking spot
- Join local Facebook groups or apps for short-term gigs

NEGOTIATE A DEBT

Which debt could be negotiable? (e.g., asking to lower the interest rate, spread out the payments, negotiate penalties...)

Creditor / Institution	Action needed	Status

BUILD A SMALL EMERGENCY FUND

Target Amount: _____ \$ (e.g. \$100)

Realistic Monthly Contribution: _____ \$ (e.g. \$10/week)

Where to keep it so you won't be tempted to touch it?

_____ (e.g. separate account, envelope...)

TRACK YOUR PROGRESS

Month	Debt Targeted	Amount Paid	Remaining Balance	Small Win? 

And always remember: simply starting this process is already a huge step forward! ❤️