

The first step to managing debt is to take an inventory of the debt you already have. Take a moment and list the current debts you have. This is personal and for your eyes only. Don't be embarrassed. Don't be ashamed. This is the first step in recognizing where you currently are in terms of your finances. It is important to assess just what you are facing in terms of payment and debts and to compare it to what you (and your spouse) are making.

What credit cards do I have?

Mastercard	Current Balance	Monthly Payment
Visa	Current Balance	Monthly Payment
Store	Current Balance	Monthly Payment
Store	Current Balance	Monthly Payment

What loans do I have?

Mortgage	Current Balance	Monthly Payment
Car Loan/Lease	Current Balance	Monthly Payment
Personal/Student Loan	Current Balance	Monthly Payment
Personal Loan	Current Balance	Monthly Payment

What other monthly debts I have?

Utilities	 Monthly Payment	
Cell Phone	 Monthly Payment	
Cable/Internet	 Monthly Payment	
Other	 Monthly Payment	
Other	 Monthly Payment	

Total amount of debt you have each month _____

Current household income (include wages, support etc.)

Monthly Amount _____

How do these two numbers compare? Does this surprise you? What can you do to manage your debt better?

We now have a place to start

Handout 1

How to Manage Debt So It Doesn't Manage You

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