



The Smart Women's Financial Organizer and Planning System™



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Katana Abbott is a Certified Financial Planner, Prosperity Coach, Philanthropist, Radio show host, Speaker and Author.

Rising from a life of adversity, she was able to build a successful financial planning practice where she managed over \$100 million in assets. At 48, she felt a calling to do something more, and because she had created systems and a team that allowed her business to run without her, she was able sell her business to her partner in a 7 figure, 7 year buyout and retire to something – not from something.

Katana's mission in life is helping people identify their unique gifts and passions so they can create a life of financial freedom doing what they love while making a difference in the world.

Katana the coauthor of two books, *Thank God I* as well as **Stepping Stones to Success** with Jack Canfield and Deepak Chopra. She is the host of the nationally syndicated radio show, **Smart Women Talk™** with over 80,000 iTunes subscribers, the founder of the nonprofit **Smart Women's Empowerment Program™** which educates women and girls how to live more joyful and prosperous lives, as well as founder of the global online coaching, networking and resource center for soul centered entrepreneurial women called the **Smart Women's Prosperity Institute™**.

Katana lives her coaching philosophy daily by working from her lakefront home where she is currently writing her newest book, *The New Retirement Solution: How to Retire to Something Not from Something and Live the Life You Love*.

To learn more and connect with Katana visit: www.katanaabbott.com



Part One

Get Organized, Find
Your Stuff and See
Where You Stand



Over the last two decades many individuals have seen their investments, pension plans, jobs, and real estate evaporate or at least reduce significantly. The “American Dream” of a traditional retirement – like our parents – experienced is long gone. Welcome to the new economic paradigm: Work is the new retirement.

According to a recent survey by the Employee Benefit Research Institute when they asked, **“How confident are you about retirement?”**

The results were:

- American workers are **more pessimistic about their ability to retire comfortably** than at any time since the survey began about 20 years ago.
- The lack of confidence may actually be good news, according to EBRI, because it means Americans may be waking up to the realities of retirement including the need to save more than they are currently.
- According to the survey about one-third of workers tapped their retirement savings to pay for day-to-day expenses during 2010 and many of them didn't have much saved in the first place.
- Just 59% of workers are currently saving for retirement and one-half of them have less than \$25,000 tucked away, according to the survey.

The purpose of this Organizer System is to provide a step by step system and tools to help get your financial house in order and to help you create and prepare for meeting with your financial advisory team.

The first section will help you locate and organize your documents, the section will help you record your data so you can see where you stand financially and create financial statements to determine your net worth and cash flow. These two financial reports will give you your



Foundation of where you stand today, so you can not only plan for the future, but track your progress on an annual or monthly basis!

How do you plan to spend the second half of your life? Have you ever worried about living too long, running out of money or losing control of your life and finances because of health issues? Consider this:

- When Social Security, Medicare & Medicaid were designed, life expectancy was 63.
- **Our fastest growing population is age 85 plus** and 50% may have some form of Alzheimer's.
- By 2030, 70 million people in the US, or 1-in-5 people, will be age 65.
- Another 1 million people will be 100 years old.
- The need for healthcare and related services is exploding! Source: Working with Seniors Health, Financial and Social Issues, 2003

According to USA Today:

- 60% of US caregivers are female
- 66% are married or living with a partner
- 45 is the average age of US caregivers
- 77 is the average age of the care recipient
- 41% of caregivers have children under the age of 18 at home
- 52% of caregivers are employed full time

Planning to live with prosperity now and throughout retirement will probably be much different than your parent's experience or situation. During this decade, more than 78 million Baby Boomers will be retiring. Although a June 2008 Associated Press survey reports that 66 percent of these individuals expect to continue working after "retiring", while a more recent gallop poll in 2011, showed that 80% of Americans plan to work after "retirement". Many will be leaving their traditional jobs to seek out ways to generate income to supplement their Social Security, pensions and savings during the second half of their life.



The secret is planning as early as possible when options are plentiful and affordable. Knowing where you stand today as well as projecting out the future, will give you confidence and clarity about your finances, so you can enjoy your life more and make smarter life and financial choices for yourself and loved ones.

Use this Financial Organizer System to be prepared for the unexpected, plan for your goals and dreams. Many Baby Boomers will also be caring for their parents, so having these conversations early to develop a strategy about what you and they should do to make sure lifestyle for everyone continues to run as smoothly as possible when life transitions occur. Planning early will also help you avoid costly mistakes. The best planning happens when there are lots of choices and lots of time. Many people wait until crisis strikes to plan.

Jackie's Story:

I actually created this system below while helping one of my elderly financial planning clients years ago. I went to her house and found stock certificates, bonds and tax statement tucked into drawers all over her house. Some were in the dining room buffet, others in the desk and dresser of the makeshift bedroom/office upstairs. In addition, we found birth certificates, death certificates, and old legal documents and realized what a mess it would be if someone else had to find all these documents without her at a later date.

In addition, no one was managing the portfolio and there were multiple tax reporting documents to look for and no way to track what she had, let alone performance, beneficiaries and trust funding. So together, we created the system below and I am sharing it now with you.

By the way, today, Jackie is living independently in her own home, with a part time caregiver providing assistance. She is receiving tax free income from her long term care policy to cover these expenses. All her estate planning is in place and her finances and taxes are managed and overseen by her financial advisor (my former partner) and her CPA.

If she ends up unable to make decisions for herself, she has already designated who will be in charge and there is a system in place, so the family can focus on her quality of life and her quality of care. She also has no risk of running out of money or for anyone to be scrambling at



the last minute to find documents, locate beneficiary forms or to create last minute planning. Needless to say, Jackie loves having her Smart Women's Financial Organizer binder that we created years ago. This is called peace of mind...and she deserves it at 90 years old!

Step One ~ Get Organized!

You'll need to gather together the following: One filing cabinet, complete with hanging file and manila folders; a copy of all important documents; a large three-ring binder with big tab dividers; and a colored marker.

Use the binder to store copies of important documents. Label the document title on the tab divider. This will come in handy should you need to transport documents. Using your marker, write on the back of each document where the original is stored (i.e. Will stored in safe deposit box and son John has the key.) Have a section on beneficiaries that lists all documents with appointed beneficiaries. Always keep this section current.

Next, organize your file cabinet. If you don't want to store original documents in your file cabinet, note the original's location in the appropriate file. Create the following titles for your hanging files and store items under each category in labeled manila folders.

Important Information

- 1 Location of safe deposit box and key
- 2 Passwords for debit card, online accounts, computer, and voicemail
- 3 Armed forces documents
- 4 Birth and marriage certificates
- 5 Names and phone numbers of your attorney, CPA, financial planner, broker, and insurance agents
- 6 Copy of tax returns and winter/summer tax assessments
- 7 Copy of Social Security Estimate Statement



Legal Planning

- 1 Copy of will and trusts
- 2 Copy of life and unemployment insurance policies
- 3 Durable Power of Attorney (DPOA) documents
- 4 Prepaid funeral and burial arrangements/plan for pet relocation and expenses.

Banking/Investments

- 1 Copy of each credit card with contact phone number
- 2 Divide out by financial institution a copy of bank statements, brokerage accounts, annuities, IRA's, stock/bond certificates, and dividend reinvestment plans (DRIP)
- 3 Copy of retirement plans and investment real estate documents
- 4 Copy of "Survivor's" Pension Benefit (what will surviving spouse receive after the retiree dies?)

Medical

- 1 Name and phone numbers of physicians, dentist, and pharmacy (list prescriptions)
- 2 Copy of medical insurance card and benefits guidebook
- 3 Long term care and disability insurance policies
- 4 Patient Advocate Designation document. Give primary care physician a copy
- 5 Copy of Medicare card and account number

Household

- 1 Copy of home deed, homeowners insurance (umbrella policies)
- 2 Copy of mortgage and home equity loan statements
- 3 Copy of auto title, loan/lease, and insurance documents
- 4 Copy of statements for gas, electric, water, waste management, telephones.
- 5 Home maintenance file to include repair receipts, phone number of repairmen, warrantees, and appliance insurance.



Step Two ~ Complete Financial Organizer Worksheets

Now that you have pulled all your important papers together, take the time to complete the Financial Organizer Worksheets (which are available in the Get Clarity Now Home Study Course) which will help you determine your income, expenses, assets and liabilities so you can create financial statements (net worth and cash flow) and prepare for your financial plan.

Step Three ~ Discovery

Your documentation is organized. Breathe a sigh of relief! Next, if you are working on your own planning, then ask yourself these questions as you begin to fill out the attached Worksheets. If you are working on your own plan or with loved ones, you'll need to have a series of important conversations with them.

Here are some questions to help you get started with your financial plan.

- Do you have a written financial plan in place?
- If so, when was it last updated?
- Do you have all your financial records in an organized filing system?
- If your home burned down today, would your most important documents all be safe and secure?
- If something happened to you today, would your loved ones be able to locate all your important financial records, passwords, beneficiary designations, insurance policies as well as tax and legal documents.
- Have you created appropriate legal documents to make sure your wealth is passed to your loved ones without going through probate?
- If you have children or in a second marriage, does your spouse have children and assets from a prior marriage?
- Have you discussed how assets will be distributed?
- Can you locate all of your most recent beneficiary forms?
- What would happen to your business if something happened to you today?
- Do you have a "funded" Business Transition Plan – or Buy Sell Agreement in place?



- If you were disabled, would you have adequate income to continue to pay your bills?
- If you were disabled temporarily, how would you continue pay your business expenses?
- If you died suddenly, would your loved ones have enough to continue to pay the bills?
- In either case, how long would this money last?
- Have you created an adequate cash reserve? (3-6 months of expenses)
- Do you have a retirement account?
- How much will you have during retirement AND how much will you need?
- Will you work part time during retirement? If so, how much will you need to supplement your future portfolio?
- Have you created a plan to cover home care or nursing home care?
- Where are your retirement accounts located and what is your internal rate of return after all fees?
- What is your asset allocation of stocks, bonds, cash, and commodities? (risk vs. return)
- If we had another 2008 meltdown, how would your portfolio hold up?
- Are you rebalancing your retirement portfolio every year while minimizing risk?
- Have you considered a Stretch IRA or a Roth IRA? Why now you might ask?
- Do you qualify to roll your traditional IRA over to a Roth IRA? Does it make sense?
- Are you maximizing all your tax deductions and income tax strategies available to you as a business owner?
- Have you considered long term care insurance? If so, what type and how much do you need? Which company is the most reliable?
- How could your parent's "long term care needs" effect your "retirement" lifestyle goals?
- Have you had the important conversations with your loved ones?
- What do they think they want for their long term care?
- What are their needs as they are aging and who can provide it?
- How do they want to handle their money and property as their lifestyle changes?
- What kind of legacy do you or your loved ones want to create for heirs?
- Do you want to pass your story along with the money to your heirs?



All of these questions will take time and thought as well as a number of conversations. Working with a qualified wealth coach or financial advisor vs. a sales person or "800#" is important. Be sure to ask for referrals from your friends or trusted advisors.

If you would like a complementary 30 minute conversation with me, please visit my online calendar at www.TalkWithKatana.com and I will be happy to help you find the right team based on your unique situation.

How we deal with our aging parents at this point can have a significant effect on our own lifestyle; financially, emotionally and socially. Initiating "the conversation" with our loved ones is one of the most important things we can do for them and for ourselves. Sample conversations with loved ones on the topic of long term care for example:

- Try asking if you can talk about these things in general terms because you are doing your own future planning for college savings or retirement.
- Ask for their help to assess their situation and welcome their input on solutions.
- Role-play a bit...
- Try talking about how they would feel if they had to make these decisions for you instead?
- Ask what their friends are doing about these types of things?
- Patience is the key here!
- The most important thing is to really listen to what they are saying about their values, lifestyle and spiritual picture as they ultimately have to "own" the solutions.

The three secrets to successful planning are:

1. Starting early and starting NOW! Don't put this off even though it may feel daunting or overwhelming.
2. Take baby steps...don't try to eat the whole elephant.
3. Get great advice and don't do this alone.



Step Four ~ Identify Your Team

Next, you're ready to select the individuals you want on the financial, legal and tax team. Include any that apply: family members, doctors, home care specialist, attorney, certified elder law specialists, insurance agents, business coach or consultant, brokers, CPA, caregivers, certified financial planner, therapist, etc. Many of these professionals are trained to help families deal with health, financial, and social issues in a holistic way when difficult issues like care giving or special needs situations are involved.

If you would prefer to have a professionally trained financial planner who will take you through this process as your trusted advisor, you can find a Certified Financial Planner at <http://www.cfp.net/search/> or again, ask around for a referral from your friends, CPA or attorney. Unless your situation is extremely simple, working with a professional advisor is highly advisable.

Step Five ~ Create a Financial Plan

Sit down with your financial advisor and develop a written financial plan that addresses the following:

Financial Position:

- Create a cash flow statement which breaks down income and expenses.
- Determine your net worth by listing assets and liabilities.

Income Taxes:

- Review tax situation for capital gains/losses with real estate or stocks.
- Discuss inherited IRA status vs. pension /profit sharing plans.



Investments:

- Analyze investments for quality, safety, income needs, tax situation, etc.
- Are investments manageable, properly diversified, or all over the place?

Retirement:

- Establish amount of assets necessary to meet your lifetime income needs.
- Identify if you will be working during “retirement” and if so, how much income will you need/want to support your pensions, Social Security and savings.
- Project retirement income needs in several situations (i.e. death of spouse, home care/ assisted living, utilizing long-term care insurance benefits, government benefits, life insurance or disability benefits if applicable).

Estate:

- Review documents and analyze current estate plan.
- Verify beneficiaries on life insurance, annuities, retirement plans, & 401K
- Decide what you need and desire for financial independence. How much will you leave for a family legacy? How will you allocate your social legacy regarding gift and tax?

Protection:

- Assess cash flow projections and alternate scenarios regarding disability, long-term care, and premature death.



Step Six ~ Meet with Your Team and Begin to Implement

Now that you've got everything in place, sit down with your team members and develop a plan of action that satisfies your goals, values, and objectives. The final product should enable you all to maintain your desired lifestyle and assets regardless of unexpected transitions. You will also know where you stand today and have a clear picture of where you want to be financially at a specific "retirement age goal". In addition, the plan should be clear, concise, easy to manage, and tax efficient. The benefits of early planning are numerous, including:

- taking advantage of all possible tax deductions and strategies
- identifying the best possible resources and options today
- targeting a specific dollar amount of savings at retirement, needed rate of return and annual savings goals
- minimizing confusion and stress during times of crisis
- increasing overall peace of mind
- living the life you love and truly experiencing prosperity

The end result...everyone involved is able to sleep at night knowing all concerns have been addressed and that a team and a plan is in place to accommodate all those "what ifs".



Part Two

Financial Organizer Worksheets



Financial Checklist: What you will need to pull together

- Latest paycheck stubs and bank statements.
- Copies of your latest investment statements.
- Latest employee benefits statements and booklets.
- Mortgage and other loan statements.
- Income tax returns (past three years).
- Insurance policies or summary of coverage statements for: life, disability, automobile, home, major medical, nursing home, rental property, umbrella, etc.
- Copies of legal documents (i.e., wills, trusts, prenuptial agreements, divorce decrees, etc.)
- Information on unique financial situations or events (i.e., major purchase, debt Refinancing, expected inheritance, etc.)
- If applicable, business financial statements and tax returns from last two years, articles of incorporation, buy/sell agreement, and group benefit employee package.

Your Goal: Now using the worksheets in this organizer, either fill in the blank on this document to identify where you stand financially today. Your goal will be to identify:

- Your Net Worth Statement – what you own less what you owe
- Your Cash Flow Statement – what you earn less what you spend

Some of these documents will be copied and used to create a binder mentioned in the first half of this course. This worksheet will also allow you to see in one place where all your investments, bank accounts, insurance policies and debts are worth and where they are held. This could be a good time for you to consider consolidating your portfolios with a good and independent financial planner who can help you manage, grow and protect your portfolio while tracking your progress towards your personal and business goals and dreams.

Tip: You can have all your investments with one individual and one statement and still have diversification. The key is working with someone who is not tied to one company but totally independent. Remember, to ask for referrals. You can find a certified financial planner at <http://www.cfp.net/search/> or ask around for a referral from your friends, CPA or attorney.



Personal Information

Name _____ Date of Birth _____ Age _____ Social
Security Number _____ Spouse's
Name _____ Date of Birth _____ Age _____ Social
Security Number _____ Mailing
Address _____
City _____ State _____ Zip Code _____ Home Phone
Number _____ Marital Status: Single ___ Married ___
Divorced ___ Separated ___ Widowed ___

Your Information

Cell Phone Number _____ Email Address _____
Work Phone Number _____ Fax Number _____
Employer _____ Job Title _____
Are you retired? _____ Date Retired or Planning to Retire _____

Spouse Information

Cell Phone Number _____ Email Address _____
Work Phone Number _____ Fax Number _____
Employer _____ Job Title _____
Are you retired? _____ Date Retired or Planning to Retire _____



Children

Name	Date of Birth	Social Security Number
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		

Your Goals

Cash reserve

Amount:

Date to Achieve:

Answer these questions for each of your children:

Education: Child 2 Annual cost in today's dollars for the college of your choice?

% of goal to be funded by savings?

How much do you have allocated towards this goal as of today? Where is it?

Education starts date?

Number of years of education you would like to fund?

Retirement

Retirement age for you and your partner/spouse?

% of present current monthly living expenses that you would want to live on in retirement?



Other Savings

What is this goal?

Amount needed?

Date to Achieve ?

Disability (you)

% of present monthly living expenses you would like to have if you were disabled and unable to work anymore?

Disability (partner/spouse)

Same question for spouse:

Long-term care: (you and partner/spouse)

% of present monthly living expenses:

Annual nursing home costs:

Age entering nursing home:

Premature Death: (you)

% of present monthly living expenses you would like covered in the event you died prematurely?



Premature Death: (partner/spouse)

% of present monthly living expenses you would like covered in the event you died prematurely?

This information below will be used to create your Financial Statements called your:

- **Net Worth:** Assets (what you own) less Liabilities (what you owe)
- **Cash Flow:** Income less Expenses (what's left over at the end of the month)

Your Assets (what you own)

Personal Assets (list your assets, value, owner, use for each)

Examples include: residence, vacation home, cabin/cottage, automobiles, recreation vehicles, boat, personal property and/or belongings, home furnishings, collectibles and antiques.

Description	Owner	Current value	Expected use
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Cash Assets

Examples include: cash, checking, savings account, money market accounts, credit union accounts and certificates of deposit.

Description	Owner	Current value	Current Interest Rate	Maturity Date

Rental/Business Assets

Examples include: rental real estate, sole proprietorship, C corporation, S corporation, general partnership, and limited liability company.

Description	Owner	Current value	Expected use



Retirement Assets (or just have your statements available)

Examples include: IRA, 401(k), profit sharing plan, TSA/TSCA/403(b), qualified Plans, employee savings plan, and deferred compensation plan.

Description	Owner	Current value	Expected use
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Retirement Accounts (or just have your statements available)

Are you participating in an employer sponsored retirement plan? (i.e., tax-deferred retirement plans such as 401(k), 403(b) and 457 plans.

Name of Company Where Your Money Is	Type of Plan	Approx. Value	% You Contribute
--	-----------------	------------------	---------------------

You

1. _____
2. _____

Spouse

1. _____
2. _____



Consider consolidating and actively managing old retirement plans:

Do you or your spouse have money sitting in a company retirement plan, and you no longer work for that company?

If yes, what is the company? _____

If yes, what is the balance? _____

When did you leave the company? _____

Your Liabilities (what you owe)

Liabilities, Loans, Leases

Description	Interest Rate	Current Payment	Current Balance
Auto loan	_____	_____	_____
Charge account	_____	_____	_____
Credit cards	_____	_____	_____
Credit cards	_____	_____	_____
Credit cards	_____	_____	_____
Credit cards	_____	_____	_____
Credit cards	_____	_____	_____
Home equity loan	_____	_____	_____
Investment loan	_____	_____	_____
Installment loan	_____	_____	_____
Line of credit	_____	_____	_____
Mortgage on residence	_____	_____	_____
Mortgage (other real estate)	_____	_____	_____
Revolving credit	_____	_____	_____
Student loan	_____	_____	_____



Other loans _____

Your Policies

Life Insurance

Description	Person Insured	Beneficiary	Death Benefit	Current Premium	Cash Value

Disability Income Insurance

Description	Person Insured	Disability Benefit	Premium at Last Review

Long-Term Care Insurance

Description	Person Insured	Current long-Term Care Benefit	Current Premium



Estate Planning

Do you have a will or living trust in place? _____

Date of Last Review: _____

Name of Attorney Address Phone Numbers

Is your home held in the trust or is it held in joint or community property?

Do you have a Power of Attorney and Power of Attorney for Health Care? _____

If yes, where are they and when were they last updated? _____

Tax Planning

Do you have your taxes professionally prepared? _____

Name of Accountant/CPA: _____

Address: _____

Phone Number: _____

Last year's taxable income: _____

Estimated tax bracket: _____%



Your Income

Earned Income

Examples include: salary/w-2 wages (gross), bonus (gross), and self-employment income (this will be the amount you paid yourself to live on or net of business expenses) or as listed on IRS form 1099 (you will want to show your net income after business expenses. How much do you pay yourself? How much do you actually keep?).

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Investment Income

Examples include: rental real estate, licenses and passive income.

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Retirement Plans (you will want your summary plan descriptions that are available from your Personnel or Benefits Department from the Department of Social Security)

Examples include: pension, annuity distribution, IRA distribution, and Social Security benefits.

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other Income

Examples include: alimony, child support, trust income, and disability.

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Your Expenses

Income Taxes

Examples include: Federal, State and local income tax withholding and/or estimated payments.

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Retirement Plan Contributions

Examples include: IRA, 401(k), profit sharing, 403(b) and other qualified plans.

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Systematic Savings Contributions



Examples include: payroll deductions, monthly bank authorizations and regular investment savings.

Description	Person	Current Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Discretionary Expenses

Description	Person	Current Amount
Cable TV	_____	_____
Dining	_____	_____
Dues	_____	_____
Entertainment	_____	_____
Gifts to charities	_____	_____
Gifts to others	_____	_____
Hobbies	_____	_____
Recreation	_____	_____
Newspaper subscriptions	_____	_____
Magazine subscriptions	_____	_____
Travel	_____	_____
Pets	_____	_____
Allowances	_____	_____
Kid's sports	_____	_____



Health clubs _____
 Other _____

Committed Expenses – Housing

Description	Person	Current Amount
Rent	_____	_____
Home/rent insurance	_____	_____
Real estate taxes	_____	_____
Utilities (electric, fuel, water)	_____	_____
Lawn expenses	_____	_____
Decorating	_____	_____
Snow removal	_____	_____
Other	_____	_____
Other	_____	_____

Committed Expenses – Food, clothing, transportation

Description	Person	Current Amount
Groceries	_____	_____
Auto insurance premium	_____	_____
Auto maintenance (oil, fuel, filters)	_____	_____
Vehicle tax	_____	_____
Miscellaneous (tolls, bus, taxi)	_____	_____



Clothing	_____	_____
Other	_____	_____
Other	_____	_____

Other Committed Expenses

Description	Person	Current Amount
Alimony	_____	_____
Bank charges	_____	_____
Business related expenses	_____	_____
Child support	_____	_____
Dependent care	_____	_____
Education costs	_____	_____
Home improvements/repairs	_____	_____
Medical costs	_____	_____
Medical insurance premiums	_____	_____
Prescription drugs	_____	_____
Personal care – hair care	_____	_____
Personal care – dry cleaning	_____	_____
Telephone (local, long distance)	_____	_____
Telephone (cellular)	_____	_____



Net Cash Flow

Gross Income: _____

-

Total Expenses: _____

Net Cash Flow = _____

Net Worth

Total Assets: _____

-

Total Liabilities: _____

Estimated Net Worth = _____

What have you learned from this exercise?

If your net worth or your net cash flow is negative, this will be a good time to sit down with your financial advisor, CPA or financial coach to create a plan to turn this around.

Your net worth and cash flow reports can be your foundation, so you can create your game plan and track your success from this moment forward.

Need help with this? For a complementary consultation with Katana Abbott, visit www.talkwithkatana.com, email her at katana@katanaabbott.com

While there, pick up your free **Smart Women's Prosperity System™** where you will learn the same steps Katana used to become a millionaire by age 40 and retire and reinvent her life at 48. The secret is to ***Retire To Something Not From Something and Live the Life You Love!***

Visit www.HowToCreateProsperity.com to learn more and join our online community, **The Smart Women's Prosperity Institute** with access to financial and business coaching, dynamic resources and to connect with other like-minded women from around the world!