

The 30-Minute Money Reset

A short, practical plan to see where your money goes, build a safety net and get out of high-interest debt. Use it with the two spreadsheets in this pack. Educational information only — not personalised financial advice.

Step 1 · Know your real take-home pay

Budget from net pay (after tax, pension and benefits), not salary. If your income varies, use the lowest month of the last six.

Step 2 · Split it 50 / 30 / 20 (as a starting point)

Bucket	Share	Your monthly amount	What goes here
Needs	50%		Rent/mortgage, utilities, groceries, insurance, minimum debt payments
Wants	30%		Eating out, subscriptions, hobbies, travel
Savings & extra debt	20%		Emergency fund, retirement, extra payments on debt

If needs are above 50% (common in high-rent cities), shrink wants first, not savings. Even 5% saved beats 0%.

Step 3 · Track one month, honestly

Open Personal-Budget-Debt-Payoff-Planner-Free-Lite.xlsx. Enter income, then every expense for 30 days. Category totals and the remaining balance update automatically.

Step 4 · Build a starter emergency fund

Aim first for \$1,000 (or one month of essential costs), then grow to 3–6 months. Keep it in an instantly accessible high-yield savings account. Track it in [Savings-Goals-Sinking-Funds-Net-Worth-Tracker-Free-Lite.xlsx](#).

Milestone	Target	Date reached
Starter fund	\$1,000 / 1 month	
3 months of essentials		
6 months of essentials		

Step 5 · Pick a debt payoff method

Method	How it works	Best for
Avalanche	Extra money to the highest-interest debt first	Saving the most interest
Snowball	Extra money to the smallest balance first	Quick wins and motivation

Either way: pay every minimum, put all extra on one target, and when it is gone roll its payment into the next. List your debts below.

[illegible]

Step 6 · Sinking funds for "surprise" costs

Car repairs, gifts, annual subscriptions and insurance are predictable. Divide each yearly cost by 12 and save it monthly so it never hits your emergency fund.

Expense	Yearly cost	Monthly ($\div 12$)
Car maintenance		
Gifts & holidays		
Annual subscriptions		
Medical / dental		

Step 7 · Check in monthly

Once a month: update your net worth, check each bucket against plan, and raise automatic savings by 1% whenever your income rises.

Free calculators that help

Credit card payoff: loanmath.pages.dev/credit-card-payoff-calculator/

Emergency fund: retirepal.pages.dev/emergency-fund-calculator/

Net worth: retirepal.pages.dev/net-worth-calculator/

Take-home pay: paywise.pages.dev

Compound interest: loanmath.pages.dev/compound-interest-calculator/

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