



## What's In It for YOU?



### Why choose to create a Debt-FREE Holiday?

**All behavior is purposeful.** This means there is a reason for the choices you make and the outcomes you experience in your life. Even though you may find this difficult to believe, it is the truth. Regardless of how angry, frustrated, disappointed or victimized you may feel, until you identify what purpose the challenges in your life serve, you will continue to hold on to them in ways that limit your present and your future life.

This form is specifically created to help you monitor your holiday spending and stress. However, by following this holiday program, you will develop tools, resources, skills and insights which you can utilize personally and financially for the rest of your life.

**Choosing a Debt-Free Holiday is about recognizing why you want to make changes in your relationship with your money, and how willing you are to do the work necessary to succeed!**

The first step is to be clear about and connected to the choice you are making and to its purpose. This is accomplished by completing the following statements:

**It is important to me to have a Debt-FREE Holiday because . . .**

**I am making this choice because . . .**

Finishing the above statements helps you to connect to the “why” of your choice. Completing the Commitment Form will help you understand how to be successful at making the change.

### **Debt-FREE Holiday Commitment Form: (Complete the following)**

I am making the commitment to MYSELF to create a Debt-FREE Holiday because (some helpful phrases might include: I will remember, I will think about, I will strive, I will acknowledge, etc.):

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If at any point I find myself doubting, sabotaging or resisting the process (some helpful phrases might include: I will remember, I will think about, I will strive, I will acknowledge, etc.)

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If others aren't supportive or encouraging of my efforts I can/will

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As a result of my commitment, my life will (change, be, have, offer, look, feel, etc.)

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One thing I can do today to make my Debt-FREE Holiday a reality is:

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One thing I can do tomorrow to make my Debt-FREE Holiday a reality is:

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One thing I can do every day to make my Debt-FREE Holiday a reality is:

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One more thing I can do every day to make my Debt-FREE Holiday a reality is:

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(over)

Among the many ways I will benefit from having a Debt-FREE Holiday includes:

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Place your “Commitment Pledge” where you will see it easily and often! Refer to it when you need to re-connect to why you’re working hard to have a Debt-FREE Holiday.

## Develop 2 to 5 Holiday Spending Guidelines

Holiday spending guidelines help you make the best financial spending decisions by clearly setting spending rules in advance of the holiday season to help you remain debt-FREE.

Each person’s holiday spending guidelines will be different because each person is unique. It’s up to you to identify the potential challenges (buying temptations, keeping a lid on your expenses, etc.) that you are most likely to face and to develop guidelines to help you to address those challenges. In this way, you are prepared when you run into those threats that could sabotage your efforts to create a debt-FREE holiday.

Keep the wording of your holiday spending guidelines simple. Also put together between 2 and 5 guidelines as more than five will be too many to be helpful.

### The process:

- Set a total holiday budget
- Identify 3 major holiday spending problems you had over the past 3 years
- Identify 2 – 5 basic behavioral changes which you can make to avoid these problems this year and in the future. Examples:

#### Holiday Guidelines

1. I will not shop when I am tired.
2. I will only shop at companies with a good reputation.
3. I will avoid the pressures of limited-time specials.
4. I will keep a Holiday Spending Log and not exceed the budget I set.

#### Holiday Guidelines

1. I will not walk into any store I know has merchandise which costs more than I can afford—even when it is on sale.
2. I give myself permission to *make* at least 20% of my gifts instead of buying all of them.
3. I will not exceed the budget I set for my holiday spending.

#### Holiday Guidelines

1. I will not take the children with my when I holiday shop.
2. I will not make any major purchases over \$100 (you pick your number) without waiting 24 hours.
3. I will not add anyone new to my gift list.
4. I will send free e-cards instead of costly holiday cards with postage.
5. I will spend at least \$200 less this year than last year.