

Class Notes

How to Pay Off Debt as a Therapist
with Jacent Wamala



✓ **Paying Off Debt Starts with Awareness**

Jacent emphasizes that the first step to financial change is knowing where you stand. Calculating your net worth can be a wake-up call, helping you move from avoidance to action by creating clarity around your financial situation.

✓ **Mindset Matters More Than Math**

It's not just about budgeting tools or payoff methods. Jacent reminds us that many therapists struggle with financial progress because of limiting beliefs around money. Changing your mindset can unlock consistency and motivation in a way that numbers alone can't.

✓ **You Don't Have to Do It Alone**

Building a "money team" is essential. Just like therapists bring expertise to mental health, financial professionals can bring structure and support. Surrounding yourself with people who understand taxes, legal structures, and emotional decision-making can take the pressure off.

✓ **Raise Your Rates Without the Guilt**

Many therapists undervalue their services because they equate their personal worth with what they charge. Jacent encourages therapists to separate the two and to structure their pricing around the actual costs and goals of their practice, not guilt or fear.

✓ **Your Financial System Should Fit Your Life**

There's no one-size-fits-all approach. From the snowball method to profit-first budgeting, Jacent urges listeners to find systems that feel sustainable and rewarding, because that's what leads to lasting change.