



Financial Stabilization Starter

*This worksheet helps identify immediate financial priorities and establish a simple plan for the week ahead.
It is designed to promote clarity and action without requiring perfection.*

Section 1 – Immediate Priorities

Housing Status

- Current
- Behind

Utilities Status

- Current
- Behind

Transportation Status

- Stable
- Needs Attention

Urgent Actions Needed This Week:

Section 2 – Trigger Awareness

My Top Emotional Triggers

My Top Situational Triggers

My Highest-Risk Times



Section 3 – Financial Safeguards

Accounts to Limit or Close

Gambling Apps or Websites to Block

Accountability Partner

Name: _____

Phone or Email (Optional): _____

Automatic Payments Set Up

- Yes
- No
- Need Assistance



Section 4 – Debt Snapshot

Total Number of Debts

Highest Priority Debt

Accounts Needing Immediate Contact



Section 5 – Weekly Action Plan

Income Arriving This Week

Essential Expenses Due

One Financial Task I Will Complete



Reflection

One thing I can do today to strengthen my financial recovery:

Reminder: This tool is designed to create clarity quickly, without requiring perfection. Every small step toward financial stability is meaningful progress.

GamFin