

Day 4

Money Habits
For Me



Take Control of Your Debt

Debt doesn't have to be the boss of you.

Today, you'll learn how to flip the script and take back control.

Why Debt Feels Overwhelming

Debt can feel like a weight on your shoulders. Minimum payments, interest piling up, and the feeling that you'll never be free. But here's the truth: you don't need to be debt-free overnight. You just need a plan that puts YOU back in charge.



Step 2: Pick Your Strategy

There are two proven ways to pay down debt:

1. ****Debt Snowball**** – Pay off the smallest balance first. Each win gives you momentum.
2. ****Debt Avalanche**** – Pay off the highest interest rate first. This option saves the most money in the long run.

Neither is wrong. Pick the one that motivates YOU to stick with it.



Momentum



Savings

Step 3: Free Up Cash for Payments

Remember your 3-Bucket Plan from Day 2? This is where it shines. By keeping Wants at 30%, you'll likely find extra dollars to throw at debt. Even \$50–\$100 more each month can shave years off your payoff date.



A Real-World Example

Meet Jasmine. She owed \$7,200 across three credit cards. Her minimums barely touched the balances.

She chose the Snowball method:

- Paid off a \$600 store card in 2 months.
- Rolled that payment into her next card.
- Two years later, she was debt-free.

The secret? One small win at a time.

Quick Insight: Progress Beats Perfection

It's not about how fast you go. It's about steady progress. Debt freedom is a marathon, not a sprint. Celebrate every card closed, every loan knocked out — each step is proof you're moving forward.

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."

– Mark Twain

Wrap-Up

Today, you took back control. You know what you owe, you picked a strategy, and you're moving dollars toward freedom. Debt doesn't own you anymore — you own the plan.

Tomorrow, we'll talk about how to grow your financial safety net even more: building a full emergency fund.

A green rectangular road sign with rounded corners and a white border. The sign is mounted on a metal post with two visible bolts. The text on the sign is in white, bold, sans-serif font. The background of the sign is a dark green color. The sign is set against a blurred background of a road with yellow and white lane markings under a clear blue sky.

**Next Stop:
FuLL Emergency
Fund**