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Net Worth Worksheet

Want a simple way to track your financial progress?

Track your net worth over time, and you'll see the cumulative results of your financial decisions. A net worth statement is a list of all the things you own (assets) minus all of your debts (loans). It is an essential tool in helping you make smarter financial decisions.

Using this simple worksheet will show where you are today. Update it every six months and I promise it will give you a boost in motivation and sense of achievement.

The benefits of tracking your net worth include:

- It lets you see your entire financial picture in one place
- It helps you stay in control of your financial life
- It reflects the sum of all your little (and big) financial choices
- It helps you identify opportunities and risk in your financial life
- It helps you plan for your future
- It helps you focus on things you can control
- It is a great tool for financial conversations with your loved ones

Here is how to use this worksheet in three simple steps:

STEP 1: List all of your assets and liabilities in their respective categories. Feel free to cross out any category that isn't relevant to you and replace it with something more meaningful.

STEP 2: Calculate net worth by subtracting your total assets from your total liabilities. This tells you where you are today. Now when you are making big personal finance decisions, you'll want to ask yourself: How does this affect my net worth?

STEP 3: Repeat this process every six months.



How to view your Net Worth Worksheet:

In most cases, making good financial decisions should lead to an increase in your net worth. Using your Net Worth Worksheet can be a useful tool when evaluating a major purchase such as taking an unplanned trip with friends or buying a new car. Spending money is not a bad thing. The key is to make intentional choices with your saving and spending so that you get the most value out of your money.

For example, an unplanned trip with friends may not be in your budget and will certainly reduce your net worth. But if you place a high value on travel and spending time with friends, then the hit to your net worth is well worth it (especially because [research shows experiences generate longer-lasting happiness than material purchases](#)).

Examining a car purchase, however, is a bit trickier. Buying a car will always ding your net worth, but it's probably a necessary expense. It may even be a goal you meticulously plan and save for. But how might spending more on a nicer car affect your other goals? Framing decisions in the context of your goals can help you make better decisions and minimize regret. To better answer that question, you must complete the [Cash Flow Worksheet](#), since that drives how much you can contribute to your goals.



NET WORTH: ASSETS

TAXABLE ACCOUNTS	YOU	SPOUSE	JOINT	TOTAL
<i>Checking</i>	\$	\$	\$	\$
<i>Savings</i>	\$	\$	\$	\$
<i>Credit union</i>	\$	\$	\$	\$
<i>Money markets</i>	\$	\$	\$	\$
<i>CDs</i>	\$	\$	\$	\$
<i>Mutual funds</i>	\$	\$	\$	\$
<i>Stocks</i>	\$	\$	\$	\$
<i>Bonds</i>	\$	\$	\$	\$
<i>Stock options (vested)</i>	\$	\$	\$	\$
<i>Other</i>	\$	\$	\$	\$

RETIREMENT ACCOUNTS	YOU	SPOUSE	JOINT	TOTAL
<i>Annuities</i>	\$	\$	\$	\$
<i>Traditional IRAs</i>	\$	\$	\$	\$
<i>Roth IRAs</i>	\$	\$	\$	\$
<i>401(k), 403(b), 457</i>	\$	\$	\$	\$
<i>Other</i>	\$	\$	\$	\$



NET WORTH: ASSETS

PERSONAL PROPERTY	YOU	SPOUSE	JOINT	TOTAL
<i>Primary residence</i>	\$	\$	\$	\$
<i>Secondary residence</i>	\$	\$	\$	\$
<i>Cars</i>	\$	\$	\$	\$
<i>Jewelry, furs, art</i>	\$	\$	\$	\$
<i>Home furnishings</i>	\$	\$	\$	\$
<i>Other</i>	\$	\$	\$	\$
<i>Life insurance cash value</i>	\$	\$	\$	\$
TOTAL ASSETS	\$	\$	\$	\$



NET WORTH: DEBT

PERSONAL PROPERTY	YOU	SPOUSE	JOINT	TOTAL
<i>Mortgage</i>	\$	\$	\$	\$
<i>Home equity loan</i>	\$	\$	\$	\$
<i>Car loan</i>	\$	\$	\$	\$
<i>Credit card debt</i>	\$	\$	\$	\$
<i>Student loans</i>	\$	\$	\$	\$
<i>Other</i>	\$	\$	\$	\$

TOTAL ASSETS	\$	- TOTAL DEBT	\$	= TOTAL NET WORTH	\$
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