AJAG
ajag.co.uk

CHECKLIST

Financial Confidence Rebuild Checklist

- [ ] Ask someone you trust to manage your bank cards and bill payments temporarily
- [ ] Register with GamStop and block gambling sites through your bank
- [ ] List every debt you owe and separate priority debts from others
- [ ] Contact creditors directly or through a free debt advice service to arrange payment plans
- [ ] Set up a simple budget that covers essentials first
- [ ] Use cash for daily spending to make money feel real and finite
- [ ] Take back control of one small budget area after a few weeks of stability
- [ ] Set a weekly money check-in to review spending and plan ahead
- [ ] Write down small wins to build evidence of progress
- [ ] Keep at least one external safeguard in place long-term