

Calculating Your Net Worth



MetLife®

▶ YOUR NET WORTH

Net worth is an evaluation of your true wealth and a measure of your financial progress. Take a few moments to fill out the form below to see what your net worth is like today, and once a year complete the form again to make sure that you're on target for achieving your financial goals.

ASSETS

Checking account	_____
Credit union savings	_____
Passbook savings	_____
CDs	_____
Money market funds	_____
Life insurance current value	_____
Corporate bonds	_____
Municipal bonds	_____
Government bonds	_____
Stocks	_____
Mutual funds	_____
Business interests	_____
Investment real estate	_____
Limited partnerships	_____
Tangible assets	_____
IRA(s)	_____
TSA + 401(k)	_____
Vested pension or profit-sharing	_____
Home(s)	_____
Other property	_____
Auto(s)	_____
Other	_____
Total Assets	_____

LIABILITIES

1st Mortgage	_____
2nd Mortgage	_____
Investment mortgage	_____
Bank loan(s)	_____
Auto loan(s)	_____
Insurance policy loan(s)	_____
Retirement plan loan(s)	_____
Personal loan(s)	_____
Revolving charge account(s)	_____
Bills payable	_____
Taxes due	_____
Other	_____
Total Liabilities	_____

Total Assets	_____
– Total Liabilities	_____
= Net Worth	_____

▶ SPENDING PATTERNS

Identify where your money is going. Then, develop a budget that will allow you to control your spending and to free up money for the savings and investments that you will need to achieve your goals.

INCOME

Gross monthly income _____
 Federal income tax _____
 State income tax _____
 FICA _____
 Retirement contributions _____
 TSA _____
 Other _____
Net Monthly Income _____

MONTHLY EXPENSES

Business Expenses _____
 Child support/Alimony _____
 Child/Elder care _____
 Clothing _____
 Charitable contributions _____
 Credit cards _____
 Education expenses _____
 Entertainment _____
 Vacation _____
 Food: _____
 Home _____
 Restaurants _____
 Gifts _____
 Household supplies _____

Insurance: _____
 Auto _____
 Homeowners _____
 Life _____
 Disability _____
 Medical _____
 Long-term care _____
 Other _____
 Loan payments _____
 Medical _____
 Mortgage/Rent _____
 Property taxes _____
 Personal care _____
 Repairs _____
 Savings _____
 Subscriptions/Dues _____
 Transportation: _____
 Payment _____
 Operating costs _____
 Utilities: _____
 Electric/Gas _____
 Heating _____
 Phone _____
 Cell Phone _____
 Cable/Internet _____
 Water _____
 Miscellaneous _____
Total Monthly Expenses _____

Net Monthly Income _____
 – Total Monthly Expenses _____
 = **Net Disposable Income** _____

have you met life today?®

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